



**Paralyzed Veterans
of America**

California Chapter

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MOMENTUM!!

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US Army Edition

The United States Army is the oldest branch of the United States Armed Forces. The United States Army was established by the Continental Congress on June 14, 1775. The Navy and Marines were formed later in 1775 then the Coast Guard in 1915, the Air Force in 1947, and the Space Force in 2019.

The California Chapter salutes all of our members who have served in the United States Army, Reserve, and National Guard

This issue is dedicated to all of you in thanks for your outstanding service to our country. Read more history about the army on pages 8.



CORONAVIRUS UPDATE

These are new times and something the nation has never dealt with in this sort of magnitude in the history of our country. We hope all our members were able to follow whatever "Social Distancing" guidelines have been put in place where you live and were still able to maintain required levels of care with your health providers either in person when required or remotely.

Hopefully you have been able to check our COVID19 update page on the web and even participate in some of your Social Distancing Activities and meetings.

Check Pages 20-21 for more information and opportunities and your opportunity to earn \$25 twice!!

PVA Makes Statement on Racism, Exclusion, and Marginalization

As a Veteran Service Organization, PVA has always stood for equality and civil rights as far back as our 2nd national convention being held at the John Marshall Hotel in Richmond Virginia in 1947. When the Hotel would not 'allow any negro members entrance,' the National President sent a wire to all the news sources stating something along the lines that 'spinal cord knows no bias.' The press ran the story, our members were admitted, and it was the first time that black people had been served in the John Marshall Hotel since the Civil War. Read our current statement on page 7.

PVACC Chapter Directory**FY20 Board of Directors****Officers**

President : Elmer Jacobs Jr

Vice Pres / Nat. Dir: Jose Reynoso

Treasurer: Major Lewis Jr.

Secretary: Bob Molinatti

Directors

Teresa Gaspar

Lamont Jacobs

Lance Toguchi

Charles Walker

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Samantha Galliher

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Liz Lara - Office Manager

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jose@pvacc.org

Dick Fulton: 720 308-4972

dick@pvacc.org**ABOUT OUR NEWSLETTER:**

MOMENTUM!! is published Bi Monthly delivered to member's front door or to your email if you prefer. If you would like a hard copy, or to be added to our mailing list please contact the chapter office.

Check out!

*Presidents Report**page 3**Message from the ED**page 4*

President's Update



Spring is here and the warmer months are approaching fast. Easter has passed in April, May Flowers brought Mother's Day, and June 21 is Father's Day a time to celebrate and show appreciation to our Special Fathers who gives us an endless supply of Wisdom, , Leadership, Guidance, Director, they are Heads of House Holds Most Son are Imitators of their Fathers with Love, and Hugs!! Surprise your father with his favorite meal when he comes home from work.

The Paralyzed Veterans of America California Chapter (PVACC) is making daily progress forwards achieving our chapter's independence. We are getting very good positive feedback from our members, fellow veterans and SCI staff and I'm Proud of each and every one of you and I encourage you to keep up the Good Work. I want to encourage and Thank all of you for your dedication, commitment and all that you do for this chapter. I'm looking forward to this Great Adventure and Achievements we are destined to accomplish in the coming year and next Decade. Together There is Nothing We Cannot Achieve!!

During this COVID-19 Pandemic the PVA Executive Director Carl Blake and National representatives are actively reaching out to chapters executives and members giving us updates and many references at www.pva.org/covid-19 for COVID-19 Information, Healthcare, Mental Wellness, Caregivers, Financial resources. The California Chapter is actively updating our website www.pvacc.org , Facebook and other social media sites with medical equipment cleaning technics, health concerns, food distributions sites and other helpful information for our members to use during this social distancing period, I want to take this opportunity to send my humble condolences and prayers out to all those families who have lost loved ones during this COVID-19 Pandemic. **#NeverForGet, #RememberAlways, #AngelsAbove,**

Special prayers and condolences to Joe Fox Family and Friends. Joe went on to be with our Lord and Savior on May 2, 2020. We will truly miss our dear friend.

I will actively advocate for the civil rights for you and our members. I will continue to fight for you and help secure and support a better life that you have earned honorably by servicing in the U.S. military. I welcome emails, text or phone calls to just say hello. I wish you and your families the Very Best Health and Blessings throughout these Social Distancing times.

Your Humble Servant,
Elmer Jacobs Jr.
President

National Director Update



Advocacy & Legislation visit report

This year's Advocacy and Legislation Training Seminar in Washington D.C. on 3/1/20-3/6/20 was absolutely amazing and very informative as always. This year was a whole new experience for us, the California Chapter as we had 4 Board members attend which hasn't been done in this chapter for many years. It was a great pleasure having other Board members attend because they also got to witness a partial experience on how things are done behind the curtains that most of us aren't aware of on the daily basis and not only that but they also got the experience to go to Capitol hill and speak with our Congress members on behalf of all of us to help push the mission act forward. We split into 2-man teams, coordinated and strategically arranged what buildings and at what times we needed to be at our appointments to speak with either the Congress member or their staffer.

We had a blessing opportunity as a team to meet and speak with Congress members Paul Cook (CA-8th), Grace Napolitano (CA-32nd), Mark Takano (CA-41st), Alan Lowenthal (CA-47th), Ted Lieu (CA-33rd), and Pete Aguilar (CA-31st). We also managed to meet with many staffers as most Congress members were busy voting or attending important meetings and without having divided the team in 2 groups, we would have not been able to meet with many of these important members that in the long run will help us push the mission act forward. They all welcomed us with open arms and a mind set forward filled with questions as to what they needed to know or understand in order for them to help improve a bill or possibly co-sponsor them and were very attentive in the short time we had to pass them this information. We discussed with them many bills such as H.R. 5761 AUTO (Advancing Uniform Transportation Opportunities) for Veterans Act, which enables the authorization for an additional VA Automobile Grant for eligible Veterans. H.R. 5701 Care for the Veterans Caregiver Act, it'll make needed improvements to VA's comprehensive family caregiver program to eliminate unnecessary evaluations, extend stipend payments to caregivers for a transition period following the veteran's death, and standardize the eligibility process. H.R. 1549/ S. 669 Air Carrier Access Amendments Act, which we have been fighting for many years but will improve access to air travel for people with disabilities. H.R. 860 (it's still pending) Social Security 2100 Act, will ensure social security beneficiaries will not see cuts in their benefits and makes other important improvements. H.R. 5412 Travel and Tourism for All Act, directs the National Council on Disabilities to conduct a review of the implementation of the ADA in the travel, tourism, and hospitality industries. H.R. 3992/ S. 255 Disability Employment Incentive Act, it'll expand tax credits and deductions for businesses to hire and retain employees with disabilities and make their business more accessible, including websites.



National Director Cont.

As we spoke about the bills to each respective Congress member or their staffer we were fortunate that all were in agreeance in supporting our cause and understood the importance of being a part of the helping hand for these bills and for the disabled community and Veterans not only that reside in their district but for everyone around the globe. It was a great success having this trip and a great pleasure having gone with the fellow board members to this Advocacy and Legislation visit to Washington D.C. couldn't have had asked for any better company to aid in this battle to better all of our lives.

Respectfully,

Jose Reynoso

Chapter Survey

In early April each of you should have received a letter in the mail from our president asking you to participate in a chapter survey to provide us some insight as to how you feel about the direction the new board of directors and staff are guiding the chapter in their first year of office. If we have an email for you on file, he also sent you an email with a digital link to the survey.

If you have not filled out the survey and mailed it back, or taken it online yet, there is still time. This is your chapter, and we want to hear from you on what direction you would like to see it go in the near future and beyond.

You can still fill out the paper survey and mail it back to the office, or simply go to our website and click on the survey button on the main page. It will only take a few minutes and will help provide guidance to the board on the way ahead.

We will provide an analysis of the answers in the next edition of Momentum!! and at the next general meeting, whenever that may be rescheduled for.

If you ever have any questions about the chapter and want to speak to anyone direct, the President, Vice President and Executive Director's direct cell number and email are provided on page 2 for your convenience.



READ MOMENTUM & win CA\$H!

Do you want to win \$25.00?!?

Check our newsletter and determine if the randomly picked 3 numbers match your SSN you could win \$25.00. You must be a PVACC Member, or Associate Member to win,

Here's how it works: We picked three (3) numbers at random and printed them somewhere in this issue. The numbers you must match will be the last three number of your SSN. For Example: 000-00-0000

Read all the articles, and locate the 3 numbers (in red and parentheses and in 3 different locations). If these numbers match the last three numbers of your SSN in any order, give us a call to receive your check for \$25.00 !

We assure you there will be at least one winner every edition and maybe more!

Don't forget to read all of MOMENTUM for your chance to win \$25.00!

Executive Director Update



By now, we are all probably a little more experienced with ordering things online, caught up on the latest Netflix series, and more comfortable with video communications that we may have never used six months ago

I hope all of you are doing well in these truly unique times. Hopefully you all have kept in close touch with your family and friends, along with your VA Care team and have been receiving the best possible care you can during these trying times.

At the chapter we have been working hard to keep in close contact with all of our 650 members. Just this month, we welcomed our newest member Martine Perelta USMC into the family as our 650th member. We look forward to serving Martine just as we strive to serve our other 649 members regardless of where you live (Check the map on page 23).

It is exciting to see the things that are going on in the virtual world to try and keep you all active and connected. From the NVWGatHome (p.9) to Angel City Sports Virtual Games (p.13) and many other events on the horizon, we hope you are all staying safe and active Each day.

As our board members reach out to see how you are doing, I also have the pleasure of reaching out to our members that do not live in the state of California. So if you see a 720- Phone number come up on your phone, it might just be me. If you have not received a call, there is a huge possibility we don't have a good phone number for you! I would like to encourage every member to send an email to info@pvacc.org and tell us your name, an updated phone number, and email address. We love staying in touch.

We also started doing Friday ZOOM calls open to the entire membership, volunteers, and family. We look forward to seeing more of you weekly as we continue to grow. More details on p. 19.

Fiscal Year 21 is just around the corner, beginning July 1st. All your individual \$2000/year grant opportunities start fresh with the new year. We are hoping to have the grant request form fully automated soon, but for now you can still download it, fill it out and email it through the PVACC.org website.

Be well, stay safe, and feel free to reach out to me. I would love to hear from you. 720-308-4972 or Dick@pvacc.org.

Respectfully,

Dick Fulton (USAF Ret)
Executive Director



Paralyzed Veterans of America

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.



U S Army

The **history of the United States Army** began in 1775. From its formation, the United States Army has been the primary land based part of the United States Armed Forces. The Army's main responsibility has been in fighting land battles and military occupation. The Corps of Engineers also has a major role in controlling rivers inside the United States. The Continental Army was founded in response to a need for professional soldiers in the American Revolutionary War to fight the invading British Army. Until the 1940s, the Army was relatively small in peacetime. In 1947, the Air Force became completely independent of the Army Air Forces. The Army was under the control of the War Department until 1947, and since then the Defense Department. The U.S. Army fought the Indian Wars of the 1790s, the War of 1812 (1812-15), American Civil War (1861-65), Spanish-American War (1898), World War I (1917-18), World War II (1941-45), Korean War (1950-53) and Vietnam War (1965-71). Following the Cold War's end in 1991, Army has focused primarily on Western Asia, and also took part in the 1991 Gulf War and war in Iraq, and the war in Afghanistan.

When the American Revolutionary War began in April 1775, the colonial revolutionaries did not have an army. Previously, each colony had relied upon the militia, made up of part-time civilian-soldiers. The initial orders from Congress authorized ten companies of riflemen. The first full regiment of Regular Army infantry, the 3rd Infantry Regiment, was not formed until June 1784.^[1] After the war, the Continental Army was quickly disbanded because of the American distrust of standing armies, and irregular state militias became the new nation's sole ground army, with the exception of a regiment to guard the Western Frontier and one battery of artillery guarding West Point's arsenal.

During the War of 1812, an invasion of Canada failed, and U.S. troops were unable to stop the British from burning the new capital of Washington, D.C.. However, the Regular Army, under Generals Winfield Scott and Jacob Brown, proved they were professional and capable of defeating a major invasion by the regular British Army in the Niagara campaign of 1814. Between 1815 and 1860, the main role of the U.S. Army was fighting Native Americans in the West in the American Indian Wars, and manning coast artillery stations at major ports. The U.S. used regular units and many volunteer units in the Mexican-American War of 1846-48. At the outset of the American Civil War, the regular U.S. Army was small and generally assigned to defend the nation's frontiers from attacks by Indians. Following the Civil War, the U.S. Army fought more wars with Indians, who resisted U.S. expansion into the center of the continent.



M O M E N T U M ! !

A combined conscript and volunteer force, the National Army, was formed by the United States War Department in 1917 to fight in World War I. During World War II, the Army of the United States was formed as a successor to the National Army. The end of World War II set the stage for the ideological confrontation known as the Cold War. With the outbreak of the Korean War, concerns over the defense of Western Europe led to the establishment of NATO. During the Cold War, American troops and their allies fought communist forces in Korea and Vietnam (see containment). The 1980s was mostly a decade of reorganization. The Army converted to an all-volunteer force with greater emphasis on training and technology. By 1989, the Cold War was nearing its conclusion. The Army leadership reacted by starting to plan for a reduction in strength. After Desert Storm, the Army did not see major combat operations for the remainder of the 1990s. After the September 11 attacks, and as part of the War on Terror, U.S. and other NATO forces invaded Afghanistan in 2001, replacing the Taliban government. The Army took part in the U.S. and allied 2003 invasion of Iraq.



NVWG MOBILE APP!



NVWGatHOME

The Department of Veterans Affairs and Paralyzed Veterans of America are excited to roll out the 2020 NVWGatHOME initiative. Although our in person NVWG event in Portland was canceled amid the COVID-19 pandemic, our mission continues.

The mission of the National Veterans Wheelchair Games is to empower Veterans to be active, independent and engaged in sports, fitness and recreation throughout the year, not just one week of the summer. We may not be able to come together in Portland this summer, but we sure can come together virtually as a community! Let the Games Begin!

<https://wheelchairgames.org/athletes/nvwgathome/>



Update Your Membership Information

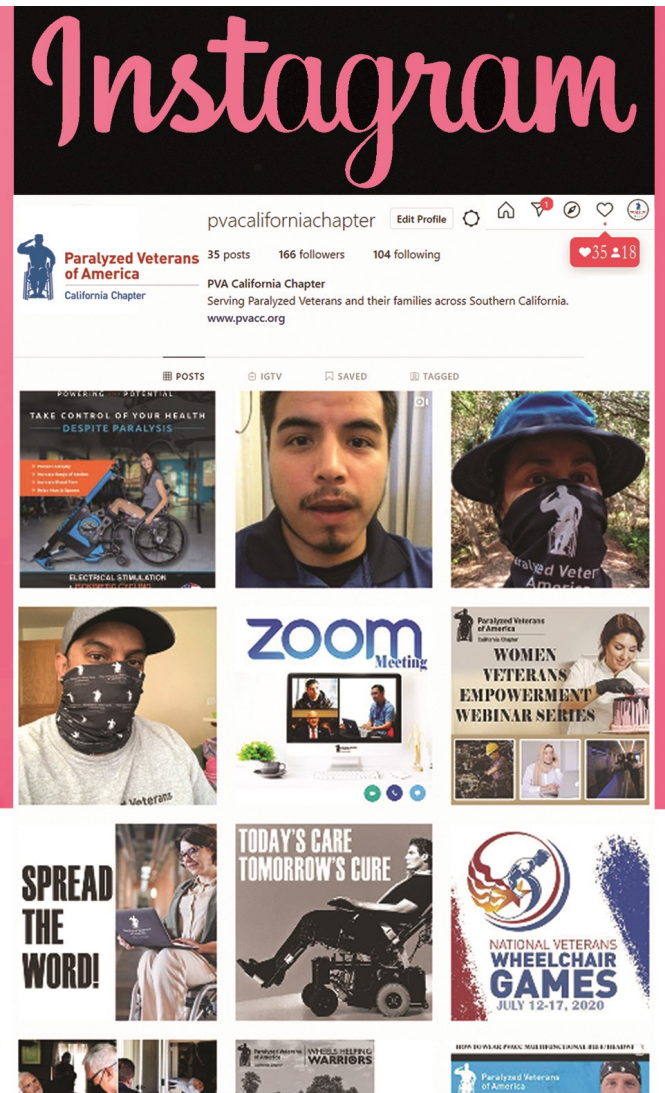
Notify us when your address changes so you continue to receive member benefits and other important information from PVACC.

Haven't received a phone call in the past 3 months? You should have! We probably don't have a good phone number on you. Email us your current contact info to info@pvacc.org

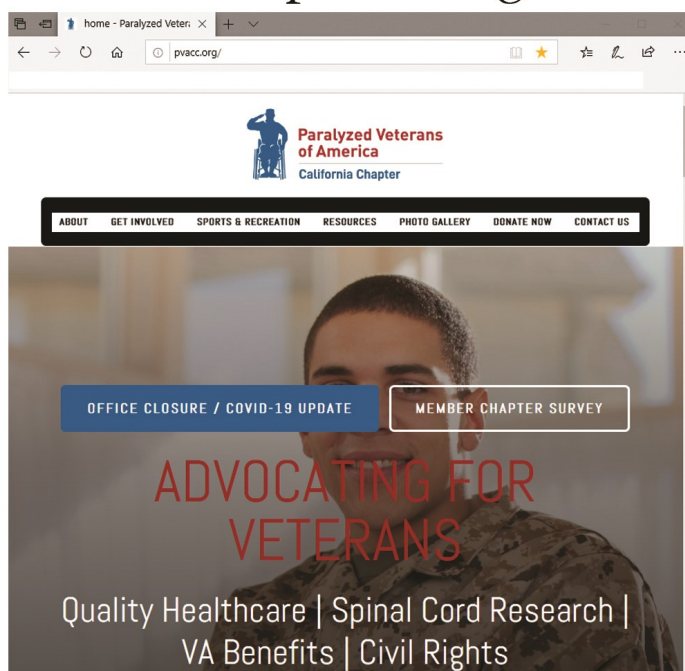
Questions?

We're here to help! Contact **Liz Lara**, Office Manager, Membership & Volunteer Program, at info@pvacc.org

M O M E N T U M ! !



www.pvacc.org



Follow us on
facebook



MOMENTUM!!

Co-presented by:

VA

U.S. Department
of Veterans AffairsParalyzed Veterans
of America

NEW TO ADAPTIVE SPORTS?



The Power of Adaptive Sports

Regular exercise – including training for and participating in the National Veterans Wheelchair Games – can help our veterans with disabilities:

- Maintain body weight
- Combat chronic health conditions such as obesity, hypertension, and type 2 diabetes
- Gain energy
- Sleep better
- Improve mood and self-esteem
- Reduce anxiety and depression
- Enjoy new experiences and new friendships
- Counter the stigma of disability

Increase their likelihood of employment, with less absenteeism and more productivity



**Paralyzed Veterans
of America**

We want veterans with disabilities to feel empowered to apply what they learn at the Wheelchair Games to their daily lives. The experience can also help them meet therapist goals such as managing self-care while traveling, navigating new environments, and improving self-confidence.

Learn more the [VA's Adaptive Sports & Therapeutic Arts Rehabilitation Programs](#) and PVA's [Adaptive Sports Program](#).

MOMENTUM!!

The WORLD's Premier Virtual Adaptive Sports Event

REGISTER NOW >> www.AngelCityGames.org >>



3 WEEKS OF SPORTS, SPECIAL EVENTS & COMMUNITY BUILDING!



Presented by



Week 1: July 13th through July 19th
Week 2: August 3rd through August 9th
Week 3: August 24th through August 30th

All ages, all ability levels, including able-bodied friends, family members, volunteers and sponsors are encouraged to participate!

- Clinics & Challenges in 14+ Sports, including Esports
- Resource Events
- Concerts
- Community Building
- Family Fun

Learn from elite Paralympians and compete with athletes from all over the world!

FREE ATHLETE REGISTRATION

FREE SWAG FOR THE 1ST 450 ADAPTIVE ATHLETES WHO REGISTER!

EVERYBODY IS WELCOME!

THANK YOU TO OUR PARTNERS



Follow Us @AngelCitySports
f i t
ANGEL CITY SPORTS



VA Celebrates the 30th Anniversary of the ADA

This year marks the historic 30th anniversary of the Americans with Disabilities Act (ADA). Paralyzed Veterans of America was instrumental in the passage of this legislation that prohibits discrimination against qualified individuals with disabilities in employment, public services, and public accommodations. ADA stands as the most comprehensive civil rights law affecting people with disabilities ever enacted.

Despite the many accomplishments to be celebrated, Paralyzed Veterans of America is continuing to fight against efforts to weaken the ADA, and strongly advocates for legislation that promotes compliance with the law.

Supporting All People with Disabilities

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. This page will provide an opportunity to share your ADA stories, as well as information on significant accessibility issues our members and all people with disabilities face, and how they can enforce their rights under the law. Stay tuned as we continue to share valuable resources throughout the year.

SHARE YOUR STORY

Tell us how the ADA has personally impacted your life, what accessibility challenges you still face, or how you're actively fighting for a barrier free world in your community.

<https://pva.org/ada/>

PVA 2020 Policy Priorities

116 th Congress—2nd Session

Veterans must have access to high quality, comprehensive, and veteran-centric health care as well as timely and accurate delivery of all earned benefits.

Strengthen and Improve the VA Health Care System and Services

- A. **Protect Access to VA's Specialized Services:** Congress must protect access to specialized services within VA, including the spinal cord injury/disorder (SCI/D) system of care, to ensure that it remains strong and effective. Congress must also ensure that VA's health care system is able to effectively meet its staffing requirements.
- B. **Improve Access to VA's Long-Term Services and Supports:** Congress must provide oversight of VA's expansion of its Program of Comprehensive Assistance for Family Caregivers (PCAFC) to ensure it is executed in a fair and timely manner and expand eligibility for the PCAFC to include veterans with serious illnesses like ALS and MS. Congress must also maintain a safe margin of community living center capacity for veterans with SCI/D.
- C. **Access to IVF:** Congress must make in-vitro fertilization (IVF) a permanent part of VA's medical care package.
- D. **Care for Women Veterans with SCI/D:** Congress must ensure that VA is able to fully meet the needs of women veterans with catastrophic disabilities, including considering their needs in any decisions involving VA's delivery of gender specific health care.

Strengthen VA Benefits

- A. **Benefits Improvement for Catastrophically Disabled Veterans:**
Congress must improve benefits for veterans with the most severe disabilities by:
 - Increasing the Automobile Allowance Grant and ensuring that veterans receive appropriate Automotive Adaptive Equipment reimbursement;
 - Addressing the transportation needs of non-service-connected veterans to help restore, promote and preserve the highest state of health possible; and
 - Prioritizing claims for Specially Adapted Housing for veterans with ALS and increasing the amount and usability of the grant for all catastrophically disabled veterans.
- B. **Benefits for the Surviving Spouses of Catastrophically Disabled Veterans**
Congress must ensure survivors of veterans who die from ALS receive the full benefits they are due.

Veterans with disabilities must have equity in access to the opportunities and freedoms available to all Americans to allow them to live, work, travel, and fully participate in society.

Strengthen and Protect the Systems and Civil Rights that Support People with Disabilities

- A. **Improve Access to Air Travel for Passengers with Disabilities** Congress must improve access to air travel by requiring airlines to ensure that airplanes meet broad accessibility standards and strengthening Air Carrier Access Act enforcement through referral of certain complaints to the U.S. Attorney General and a private right of action.
- B. **Protect and Increase Compliance with the Americans with Disabilities Act (ADA)** Congress must continue to protect the rights of people with disabilities to seek immediate redress of discriminatory barriers in public accommodations under the ADA and increase and expand the tax incentives available to assist businesses with ADA compliance.
- C. **Preserve and Strengthen Financial and Health Security for People with Disabilities** Congress must strengthen and enhance the Social Security system and protect Medicare, while rejecting efforts to undermine these earned benefits programs that represent an economic safety net for millions of Americans.
- D. **Disaster Response and Recovery that Meets the Needs of People with Disabilities** Congress must address current gaps in the ability of the emergency response and recovery system to address the needs of people with disabilities and ensure disability inclusive disaster management policies and practices.

M O M E N T U M ! !

BIRTHDAYS

Jeff S. Hider	May 1
Thomas A. Rhodes	May 2
John T. Worley	May 2
Daniel C. McDonald	May 3
Larry M. Colman	May 4
Herbert F. Smart	May 5
Felipe F. Adams	May 5
Obie L. Powell	May 6
Ronald E. Dilday	May 6
Louis A. Tyce	May 6
Gregory T. Winterbottom	May 7
Edward W. Wiesing	May 7
Wayne L. Griffin	May 8
Robin J. Rustan	May 8
Russell Peterson	May 8
Sarah M. Labrada	May 8
Glendon E. Laningham	May 10
Angela I. Madsen	May 10
Edward R. Axton	May 12
Kareen K. Harmon	May 13
William R. Gladney	May 13
Melvin L. King	May 14
Tom D. Hay	May 15
Phillip C. Kazanjian	May 15
Alvin L. Uttecht	May 15
Rocco A. Paniccia	May 17
John A. Hammond	May 17
Matthew M. Zwirn	May 17
Frank E. Bishop	May 17
James A. McGilberry	May 17
LeRoy D. Striegel	May 19
Donald W. Harris	May 20
Michael S. Donahue	May 20
Steven W. Bassett	May 21
Bobby E. Thompson	May 23
Scott C. Anderson	May 23
Jose V. Rodriguez	May 25



Michael R. Ash	May 25
Ronald E. Santos	May 25
Matthew E. McLauchlin	May 26
Leslie D. Perry	May 28
Kevin A. Hancock	May 28
Juan F. Pedroza	May 29
Raymond De Rouen	May 31



Birthday Wishes

You should receive a phone call from our "Birthday Crew" during your birthday month wishing you a happy birthday in our attempt to reach 100% of our members this year.

We did not reach everyone in December and January but we do hope to reach out to all of you with birthdays in those months as well just to say "hello" and make sure we have good contact information.

If you would like to volunteer to be part of the "Birthday Crew" and volunteer some time to call members, please let us know and we will gladly accept your help.

(5)



BIRTHDAYS

(CONTINUED)

Tracey W. Doxzon	June 1
Raymond F. Cochran	June 2
Benjamin W. Vinuya	June 4
Gary M. Reeder	June 4
Cliff A. Mansfield	June 5
Alexander M. Simpson	June 5
Donald R. Heys	June 6
Joe A. Zamora	June 7
David C. Monson	June 8
Derick D. Milner	June 8
Merced Calderon	June 9
Juan M. Beltran	June 9
Raymond D. Baldhosky	June 10
Gary T. Lear	June 10
James M. Morgan	June 10
Ruth A. Jernigan	June 10
Nick R. Lozano	June 11
Enrique H. Chavez	June 11
Tyran T. Griffin	June 11
Joseph S. Means	June 12
Alwyn H. Dohrn	June 13
Pamela J. Holleman	June 13
Vincent J. Blanco	June 15
Lamar R. Benjamin	June 16
Daniel J. Agas	June 18
Victor R. Nicassio	June 18
Michael E. Flood	June 18
Linnea M. King	June 19
Michael E. Horta	June 19
Douglas W. Beverly	June 19
Donald H. Grubbs	June 20
John W. Carter	June 20
James L. Iler	June 20
Iran D. White	June 20
Frederick V. Gee	June 21
Orin C. Nesbitt	June 21



Kristin A. Gorman	June 21
Major Lewis	June 21
Al E. Marconi	June 22
Shepherd J. Petit	June 24
Michael H. Milne	June 24
Leonard G. Johnson	June 24
Sang Choh So	June 24
Rory R. Franklin	June 25
Arnold Roy K. Kaeo	June 25
Kurt S. Phillips	June 25
John C. Kincaid	June 26
Gary Latta	June 26
George Platko	June 27
Ernest Mata	June 27
Richard A. McDavid	June 28
Frank E. Mathy	June 28
Brian Reaves	June 28
Robert W. Aaron	June 29
James R. Ingles	June 29
David M. Andrew	June 29
Albert W. Cooley	June 29
John F. Gaines	June 29
Ramon A. Salazar	June 30
Edgar A. De Los Santos	June 30



(CONTINUED)



BIRTHDAYS



Kenneth R. Alexander
Thomas L. Carr
Philip H. Nolan
William G. Campbell, Jr.

July 01
July 02
July 02
July 04

Gary O. Plote
Alejandro Calvo
Gary C. Figelski
William S. Grandon

July 20
July 20
July 21
July 22



Refugio F. Rico
Ron Kovic
Matthew D. Thomas
Richard G. Saeger

July 04
July 04
July 05
July 05

Stephen M. Goodman
Francesco S. Mancini
Jimmie Norris
Reggie Breaux

July 23
July 23
July 24
July 24



Lakeisha A. Taylor
Marcus Pacheco
Susan C. Goding
James C. Easley

July 05
July 06
July 06
July 07

Mark A. Jefferson
Christobal Flores, Jr.
Martin J. Jacob
Rudolph R. Yanuck, III

July 24
July 25
July 25
July 25



Linda S. Strong
Ravi K. Sharma
Robert N. Parrish, Jr.
Ronald J. Seibert

July 07
July 08
July 09
July 09

John T. Holley
Elmer A. Jacobs, Jr.
Louis G. Fazzi
Richard A. Wilhelm

July 27
July 28
July 29
July 29



Daniel J. Long
Teresa Gaspar
Paul H. Good
Daniel J. Harold

July 09
July 10
July 11
July 11

Douglas J. Champa
Jesus L. Llamas-Peralta
Jerry R. Stern
Darryl F. Spellacy

July 29
July 29
July 30
July 30



Donald G. Medeiros
Algea S. Caffey
Joe S. Borland
George F. Martin

July 12
July 13
July 13
July 15

Oliver A. Magbanua
Happy Birthday

July 31



Robert J. Decker
Henry Stokes
Suzanne E. Horie
Lafrance White

July 17
July 17
July 18
July 18

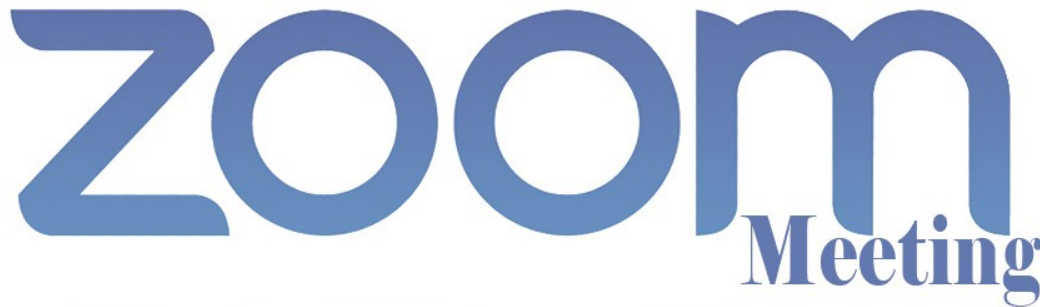


David Cho
James W. Bowlin

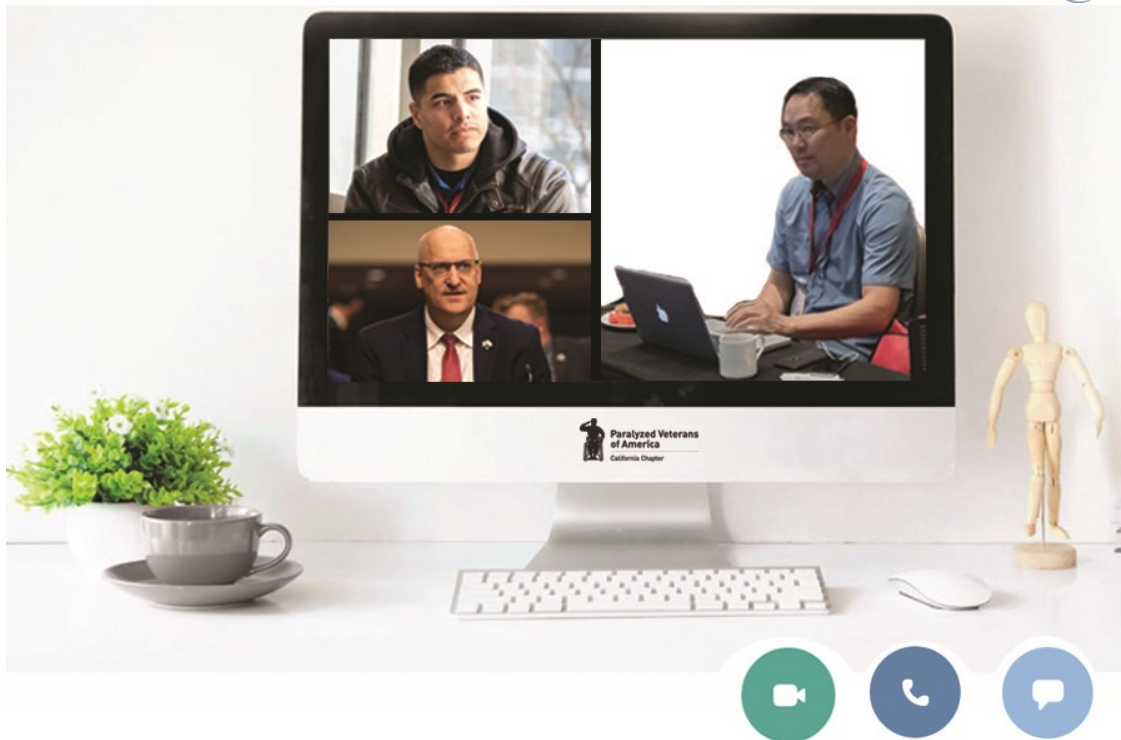
July 18
July 20



FRIDAY CHAPTER WIDE ZOOM MEETINGS



PVA California Chapter is inviting you to a scheduled recurring Weekly Zoom Update Meeting.



Our President personally hopes you and your families are all well and in good health. He wants to personally take this opportunity to Thank each of you for your Dedication, Commitment and all that you do for California Chapter. Be prompt and call in for our Weekly Zoom Teleconference Update Meeting Fridays @ 11 AM.

Join our Weekly Zoom Meeting

<https://us02web.zoom.us/j/81205470910>

Meeting ID: 812 0547 0910

Zoom - Call into a Zoom Meeting

- Audio conferencing participant will need to call: (415) 762-9988 or (646) 568-7788. AND follow the verbal instructions.
- Enter the meeting ID you wish to join followed by the # key.
- You will be asked to enter your participant ID. If you do not know your participant ID, simply press the # key

WE CANT WAIT TO SEE AND HEAR FROM YOU

M O M E N T U M ! !

SOCIAL DISTANCING FUN


(PREVIOUSLY POSTED ON FACEBOOK AND OUR WEBSITE)

Standard Bingo Rules:

- Complete 5 actions Horizontally, Vertically, or Diagonally.
 - Take Pictures of receipts, or anything else as proof if proof of purchase is required.
- Send Email to "Info@pvacc.org" listing the winning items you did and whatever supporting proof (answers or pictures) that is required.

First 20 members to email a winning card with all the supporting documentation will receive \$25
Funds will be sent to winners via EFT or Visa Gift Card
Be sure to check www.pvacc.org to look up many of the answers

PVACC SOCIAL DISTANCING BINGO

Order Pizza Delivery	Name the 6 VA Annual Sporting Events	Take the Chapter Survey	Start Learning a new Musical Instrument	Take photo of any PVACC Logo Item you own
Get outside & Exercise for 15 Minutes	Thank your Garbage man / Postman (From a least 6' away)	Place an Online Order with a Local Store	Binge Watch 1 Full season of a TV Series	Name 4 of the SCI Doctors at the VA
Name 5 Organizations on our website who host sports	Order/Download a "New Release" Movie		Order Any Food Delivery	Take photo with protective Mask on
Send an Email to info@pvacc.org with Name, Ad- dress, and Phone #	Name all the PVACC Directors	Watch Marlon Brando in "The Men"	Take photo of your PVACC Membership Card	Find a photo of yourself in our Photo Gallery
Find what 3 numbers were in Mar/Apr MOMENTUM!!	Make any size Donation at pvacc.org	Take Picture of Food Delivery Person	Put a PVACC Credit Card Holder on your cell phone	Complete a 200 piece or larger puzzle

MOMENTUM!!

SOCIAL DISTANCING FUN

(PREVIOUSLY POSTED ON FACEBOOK AND OUR WEBSITE)

Early this year our new website went live, filled with all sorts of great information for our members. We are holding a "VIRTUAL SCAVENGER HUNT" in an effort to get more website traffic, and to let our members find some of the great information we have put there, all while providing you something new to do while practicing safe "Social Distancing." It is pretty simple and straight forward, but will require you to hunt around. Fill in the blanks below answering the following questions.

All the answers can be found somewhere on our website at www.pvacc.org.

First 20 members to correctly answer all the questions below will win \$25 to help you out during this Coronavirus Crisis. Simply scan your completed and correct answer sheet, or take a picture of it and email it to info@pvacc.org. (Funds will be sent to members via EFT or Visa Gift Card)

How many of our Board of Directors Served in the Navy?

Answer: _____

Which "Batman" Star has a Public Service Announcement on our Video Page?

Answer: _____

What is the date of the most current COVID-19 Message from PVA Executive Director, Carl Blake?

Answer: _____

How Many questions are on the Chapter Survey?

Answer: _____

Which Officers were "excused" from the Feb 19 Board of Directors Meeting?

Answer: _____

How many newsletters can you read online right now? (expect LOTS more soon)

Answer: _____

Name 3 movie stars that were regular visitors to the Hospital in the 40s

Answer: _____

Who wrote the letter to the CO of Birmingham General Army Hospital in Jan 1946

Answer: _____

What building is named after him? _____

Name 2 witnesses identified on the Articles of Incorporation

Answer: _____

Name something you receive as a PVACC Member

Answer: _____

What sport category currently lists the largest number of sports?

Circle correct answer: Water Sports / Court Sports / Outdoor Sports / Adrenaline Junkies / Low Intensity

Which one of our Sports Partner's Headquarters are in Berlin Germany?

Answer: _____

How many Major Sports Events does the VA host every year, & which one is scheduled for Florida this year?

Answer: _____

Name 3 types of ALS we discuss:

Answer: _____

What are the 3 categories of Donations we ask for?

Answer: _____

Send us a short message using the "Contact Us" button when complete letting us know what you think of the website now that you are very familiar with it. Anything we should add?

M O M E N T U M ! !

SPORTS & RECREATION

With Social Distancing going on, many events have been cancelled across the nation limiting opportunities to get out and participate in various sports and recreation programs. Additionally, the chapter has placed temporary stoppage on approving all Sports and Recreation Grants. but we did get some photos from members taking advantage of grants and thought we would share as a quick reminder to the vast possibilities available to you as part of your Annual \$2000 Sports and Recreation Grant.

We look forward to when the Social Distancing restraints are relaxed and we are able to help you all get out and active once again.. If you were registered for the NVWG in Portland, be sure to look back on page 9 and get involved with the NVWGatHome. If you are interested in more virtual opportunities regardless of where you live, check out the Angel City Virtual Games on page 13 and go register.

When you register for the Angel City Virtual Games, let us know! We are making “TEAM PVACC” and will provide you with some fun additional TEAM PVACC gear



Wheelchair Games



Members with TV Crew from “Seal Team” during filming at Big Bear Resort in March.



Kevin Whitney taking a golf lesson with the grant.

MOMENTUM!!



Good news! AmazonSmile is now available in the Amazon Shopping app on iOS and Android mobile phones. You can use the copy and assets below to share the news with your supporters.

Now AmazonSmile customers can now support California Paralyzed Veterans of America in the Amazon shopping app on iOS and Android mobile phones! Simply follow these instructions to turn on AmazonSmile and start generating donations.

1. Open the Amazon Shopping app on your device
2. Go into the main menu of the Amazon Shopping app and tap into 'Settings'
3. Tap 'AmazonSmile' and follow the on-screen instructions to complete the process

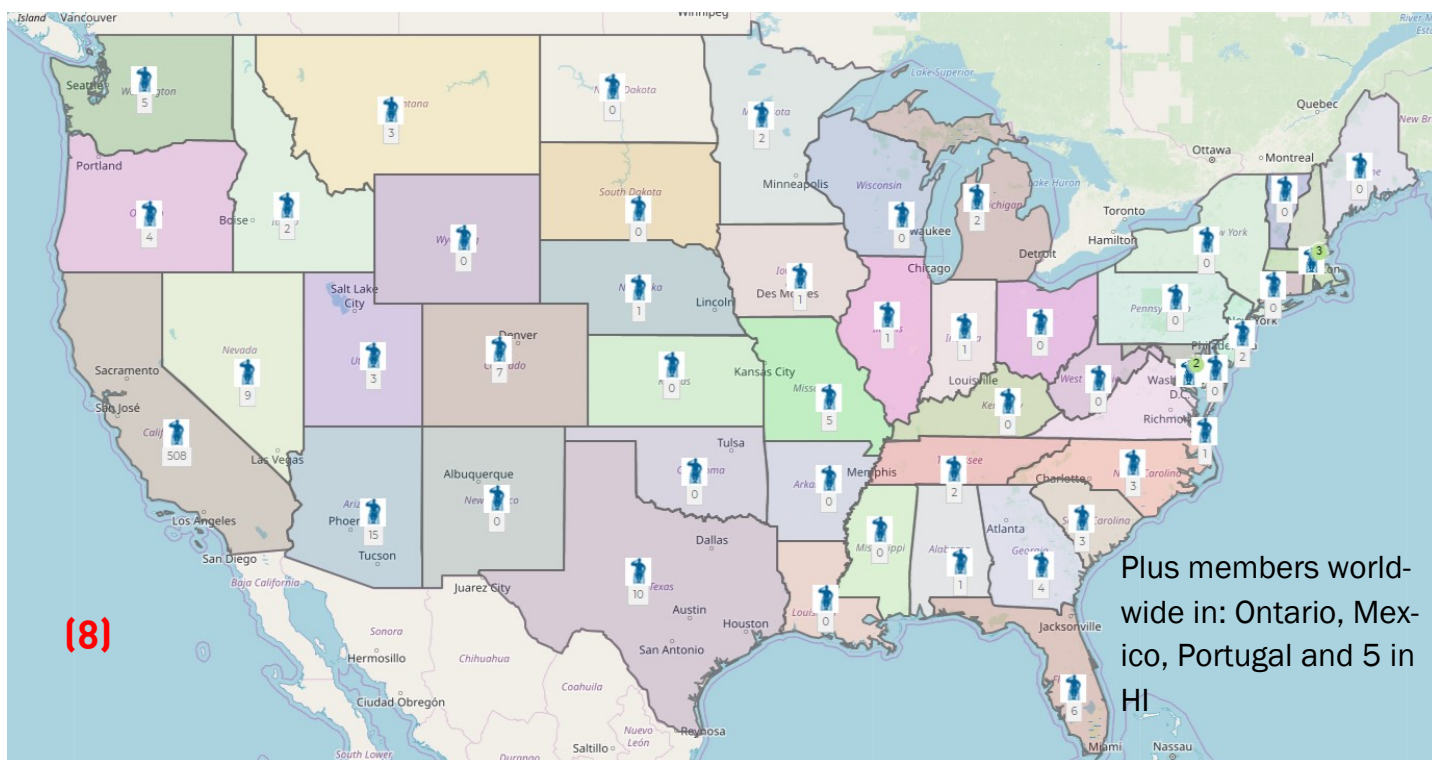


Search for “Paralyzed Veterans of America, California Chapter”

Select it, then simply shop and support....

For more information about the AmazonSmile program, go to <http://smile.amazon.com/about>.

WHERE OUR MEMBERS LIVE



MOMENTUM!!



Paralyzed Veterans of America

California Chapter



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Building 150. Room R-204
Long Beach, CA 90822
Phone: (562) 826-5713
Fax: (562) 826-5208
Email: info@pvacc.org

    www.pvacc.org

Proudly serving Southern California Veterans for 74 years

You can donate to PVACC 24 hours a day, 365 days a year by simply
texting PVACC to 24365
(message and data rates apply)

