



Paralyzed Veterans of America

Minnesota Chapter

January 2014

NORTHERN HIGHLIGHTS

The Minnesota Paralyzed Veterans of America would like to express the loss of a dear friend, mentor, and one of our organizations past president's.



Eric Webster
December 8, 1960—December 18, 2013

Continuing to Serve:

Minnesota Paralyzed
Veterans of America

One Veterans Drive
SCI-238

Minneapolis, MN 55417

Monday - Thursday:

8:00 AM - 4:00 PM

Friday:

8:00 AM - 1:30 PM

Phone: 612-467-2263

Toll Free: 1-800-663-6782

Fax: 612-726-9472

Email: mnova@qwestoffice.net

Officers

President—Thomas R. Fjerstad, PRP

Vice-President—Ken Klein

Secretary—Ken Walsh

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Board of Directors

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National Director

Thomas R. Fjerstad, PRP

National Service Offices

Mike Gonsowski – 612-629-7022

National Service Officer SCI-141

Jim Arndt – 612-629-7021

Vocational Rehab. Program SCI-139

One Veterans Drive

Minneapolis, MN 55417

Tami Anderson – NSO III

Federal Building Room 194B

St. Paul, MN 55111

612-970-5668

1-800-795-3609

FTS 612-970-5668

Northern Highlights Staff

Editor and Circulation Naomi Lorence

Northern Highlights

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THE MINNESOTA PARALYZED VETERANS OF AMERICA'S NEWSLETTER WILL BE PUBLISHED 9 TIMES PER YEAR. THE EDITOR AND/OR ASSISTANT MAY EDIT ALL ARTICLES FOR CONTENT, GRAMMAR, CLARITY AND PUNCTUATION.

**The Minnesota
PVA Chapter is
actively seeking new
members, if you know
of a Veteran with a
spinal cord injury or
disease, please have
the Veteran contact
the Minnesota PVA
Chapter office at
612-467-2263 or
1-800-663-6782 and
We will be happy to
provide them with a
Membership Application to
complete. The
membership application
is also on our website at
mnova.org**

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President's Report

Thomas R. Fjerstad, PRP

2014 is here and we just finished one of the 10 coldest Decembers' on record in Minnesota. January isn't starting any better. Today is January 2nd and it's currently -8 degrees with a -25 degree wind chill. I am really getting tired of Minnesota making the national news due to our ridiculous weather and the traffic issues that coincide. If we're lucky we may have received most of our January weather in December and can look forward to a little reprieve. I hope the holiday season treated you well and maybe even allowed for travel to a more hospitable climate.



PVA National Service Officer Michael Gonsowski and I traveled to the St. Cloud VA in December to meet with patients and staff. It was a good visit and very refreshing to meet with hospital staff that I can honestly say understand the importance of the SCI Hub and Spoke System. My kudos to the staff and Hospital Director Barry Bahl for the level of care and support they provide to our ALS patients as well as a big thank you for our open line of communication.

The chapter held its annual holiday lunch at the SCI Center on December 17th. This is truly one of my favorite functions of the year as its primary purpose is a show of appreciation for the dedicated staff here at the SCI Center. Despite the weather this year's event was well attended by both staff and patients. Canteen Services provided excellent food and service as always.

I'll be in DC January 16 & 17 for a Strategic Planning meeting, hopefully it will be a little warmer there. PVA's recent fiscal year change to 1 July - 30 June is causing the organization to hold back to back conventions. Convention 2014 will be held next month. Chapter Vice President Ken Klein and I will travel to Orlando, FL. to be in attendance. If it's not warmer there I'll give up. Chapter Sports Director Todd Kemery is floating around in the Caribbean somewhere as I'm writing this and I must admit I'm jealous.

My hand cycle on rollers in the basement is calling me to work off a few Christmas treats. Stay safe in this frigid weather.

ATTENTION MEMBERS

We would like to start sending our newsletter to you via email to help reduce our overall cost.

If you would like to receive the chapter newsletter via email, please let us know.

We will need the following information from you:

NAME: _____

EMAIL: _____

Please email your requests to mnnpva@qwestoffice.net at your earliest convenience so we can set up a database before the next newsletter is published.

Thank you for your assistance on this matter.

Naomi Lorence

Vice President's Report

Ken Klein



In previous articles that I submitted to our newsletter, I talked about what the Department of Defense was going to do with TRICARE PRIME and its impact on our veterans.

I received an e-mail for Representative John Kline's Washington DC office regarding its decision. Due to a policy change made by the Department of Defense, more than 170,000 veterans across the country, including nearly 4,000 MINNESOTANS lost access to TRICARE PRIME two months ago.

Representative Kline introduced legislation which received support from both Republicans and Democrats to help those affected by the Pentagon's misguided TRICARE policy change but his provision was not part of the "new" National Defense Bill.

2ND ANNUAL VETERANS DAYS RAFFLE RESULTS

The results are in: Our 2nd annual Veterans Day raffle has concluded and the winners are:

Bill Rollefson (current PVA Member) 1st prize \$500

Jerry Klemm (current PVA Member) 2nd prize \$300

Kindle Fire winners:

1. Dennis Trager
2. Patrice Stahnke
3. William Abler (current PVA member)
4. Pat Walsh
5. Chris Contrell

Thanks to everyone who participated in this year's raffle!

Vice President's Report *cont.*

Ken Klein

To All Chapter Members:

At our last Board of Director's meeting we discussed what the chapter would do if someone offered to the chapter donated equipment; i.e. Van, power wheelchair etc. Presently we have no formal policy on how to handle this situation and how to distribute it fairly to any member in need. After some discussion we decided that any member who would be in need of this type of equipment to send us a letter (250 words or less) on what type of equipment you need and why. The Chapter will file all requests and If and when any equipment becomes available we will review all requests and make a decision on who could most benefit from the donation. These types of donations do not come about very often but if they do, we want all our members who are in need to have an equal opportunity.

Please send your requests into our office to the attention of Naomi Lorence.



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
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Vocational Counselor

Jim Arndt



OPERATION PAVE:

PVA's Vocational Program

SSD Ticket to Work Plan: "I want to work but I am receiving Social Security Disability Income."

Most people would rather work than sit at home. Social Security provides a program that ensures people will continue to receive their disability income while testing "the waters" of a workday. Also after successfully returning to work, if the individual later determines that his or her disability makes it difficult to continue working, their disability benefits (income) can be resumed very easily.

What is a Trial Work Period?

Within any five-year period, you may attempt work and

maintain your full disability benefits as long as your employment income does not exceed \$750 per month and nine months of employment. For example, you may work one job for a month or two and if it doesn't work out attempt the same or another position later—up to a total of nine months within a five year period. The nine months do not have to be consecutive. This nine month period is called "Trial Work Period".

Is there Extended Eligibility for Benefits?

According to the Ticket to Work website (www.chooseworkttw.net), after you have successfully completed the Trial Work Period (working nine months in a five-year span), Social Security will give you an additional thirty-six month period of eligibility during which you can continue to work without necessarily losing your eligibility for benefits. During this time, you can receive your full disability benefits for any month you do not have "substantial" earnings. In 2013, earnings of \$1040 per month are considered "Substantial Gainful Activity"; the amount is \$1690 if you are blind.

What happens if you find yourself unable to work after your Trial Work Period?

Social Security makes it very easy to resume your benefits. For the five years following your termination of your disability income, you may get an immediate commencement of your benefits if you are again unable to work caused by the same disabling condition as before. You do not need to file a new application for benefits, but you do need to complete a form (Expedited Reinstatement) requesting to resume your benefits.

Interested in applying for services? Please complete the Client Intake Form:

<http://pvaweb.pva.org/gethired>

Veterans with Spinal Cord Injury or Spinal Cord Disease who may be receiving SSDI or SSI and wish to work might consider calling a Paralyzed Veterans of America Certified Vocational Rehabilitation Counselor.

Contact information:

Jim Arndt
1 Veterans Drive, Building 76, Room SC139
Minneapolis, Minnesota 55417

Office:
612-629-7021

Email:
jamesa@pva.org

www.OperationPAVE.org



Paralyzed Veterans
of America

Paralyzed Veterans Sports & Recreation Schedule

For more information contact PVA Sports at 800-424-8200 or www.pva.org/sports



8th/9th Annual PVA/AWBA Bowling Tournament Series Schedule (all within 12-month calendar year)

Nevada PVA Tournament

December 3–9, 2013
Las Vegas, NV

Florida Gulf Coast PVA Tournament

April 25–27, 2014
Brandon, FL

Mid-Atlantic PVA Tournament

National Tournament
June 9–14, 2014
Richmond, VA

Mountain States PVA Tournament

August 21–24, 2014
Colorado Springs, CO

Cal-Diego PVA Tournament

September 19–21, 2014
Fountain Valley, CA



18th Annual PVA National Trapshoot Circuit Schedule

Lone Star PVA Tournament

October 18–20, 2013
Fort Worth, TX

Arizona PVA Tournament

October 24–27, 2013
Tucson, AZ

Mid-Atlantic PVA Tournament

November 8–10, 2013
Richmond, VA

Florida Gulf Coast PVA Tournament

March 7–9, 2014
Odessa, FL

Nevada PVA Tournament

March 21–23, 2014
Las Vegas, NV

Cal-Diego PVA Tournament

March 28–30, 2014
Redlands, CA
Pistol & Rifle Shoot
March 28, 2014
Lytle Creek, CA

Oregon PVA Tournament

May 16–18, 2014
Hillsboro, OR

Mid-America PVA Tournament

May 23–25, 2014
Sedgwick, KS

Colonial PVA Tournament

May 30–June 1, 2014
Baltimore, MD

Iowa PVA Tournament

June 27–29, 2014
Cedar Rapids, IA



PVA Handcycling Schedule

Marine Corps Marathon

October 27, 2013
Washington, DC

El Tour de Tucson

Tucson, AZ
Saturday, November 23, 2013

Melbourne Marathon

Melbourne, FL
February 2, 2014

Redlands Cycle Classic

Redlands, CA
April 3–6, 2014

3rd Annual PVA Air Rifle & Air Pistol Program Schedule

Cal-Diego PVA Tournament

January 27–28, 2014
Point Loma, CA

Mid-Atlantic PVA Tournament

February 12–13, 2014
Richmond, VA

Buckeye PVA Tournament

May 2–3, 2014
Geneva, OH

Wisconsin PVA Tournament

July 18–19, 2014
Milwaukee, WI



8th Annual PVA/NWPA Billiards Tournament Series Schedule

Mid-South PVA Tournament

October 25–27, 2013
Memphis, TN

Kentucky-Indiana PVA Tournament

November 1–3, 2013
Louisville, KY

Mid-Atlantic PVA Tournament

March 21–23, 2014
Richmond, VA

Mid-America PVA Tournament

April 11–13, 2014
Oklahoma City, OK

Mountain States PVA Tournament

May 16–18, 2014
Colorado Springs, CO

Buckeye PVA Tournament

June 20–22, 2014
Cleveland, OH

PVA Bass Tour A B.A.S.S. SANCTIONED EVENT

2014/2015 PVA BASS Tour Schedule (all within 12-month calendar year)

Florida Gulf Coast PVA Tournament
March 28–30, 2014
Kissimmee, FL – Lake Toho

Kentucky-Indiana PVA Tournament
April 11–13, 2014
Gilbertsville, KY – Kentucky Lake

National PVA Tournament
April 18–20, 2014
Scottsboro, AL – Lake Guntersville

Mid-Atlantic PVA Tournament
May 30–June 1, 2014
Richmond, VA – James River

National PVA Tournament
June 6–8, 2014
La Plata, MD – Potomac River

Mid-America PVA Tournament
September 26–28, 2014
Eufaula, OK – Lake Eufaula



34th National Veterans Wheelchair Games

August 12–17, 2014
Philadelphia, PA



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Three Twin Cities Locations

Albertville - Roseville - Burnsville

Albertville Location

6540 Jansen Ave. NE
Albertville, MN 55301
Phone: 763-497-0103



Roseville Location

1755 W. County Road C
Roseville, MN 55113
Phone: 651-633-7887



Burnsville Location

2511 West Hwy. 13
Burnsville, MN 55337
Phone: 651-633-7887



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January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2014 Schedule of Events

January 1 New Year's Day—MNPVA Office Closed

January 20 MLK Jr Birthday Observed—MNPVA Office Closed

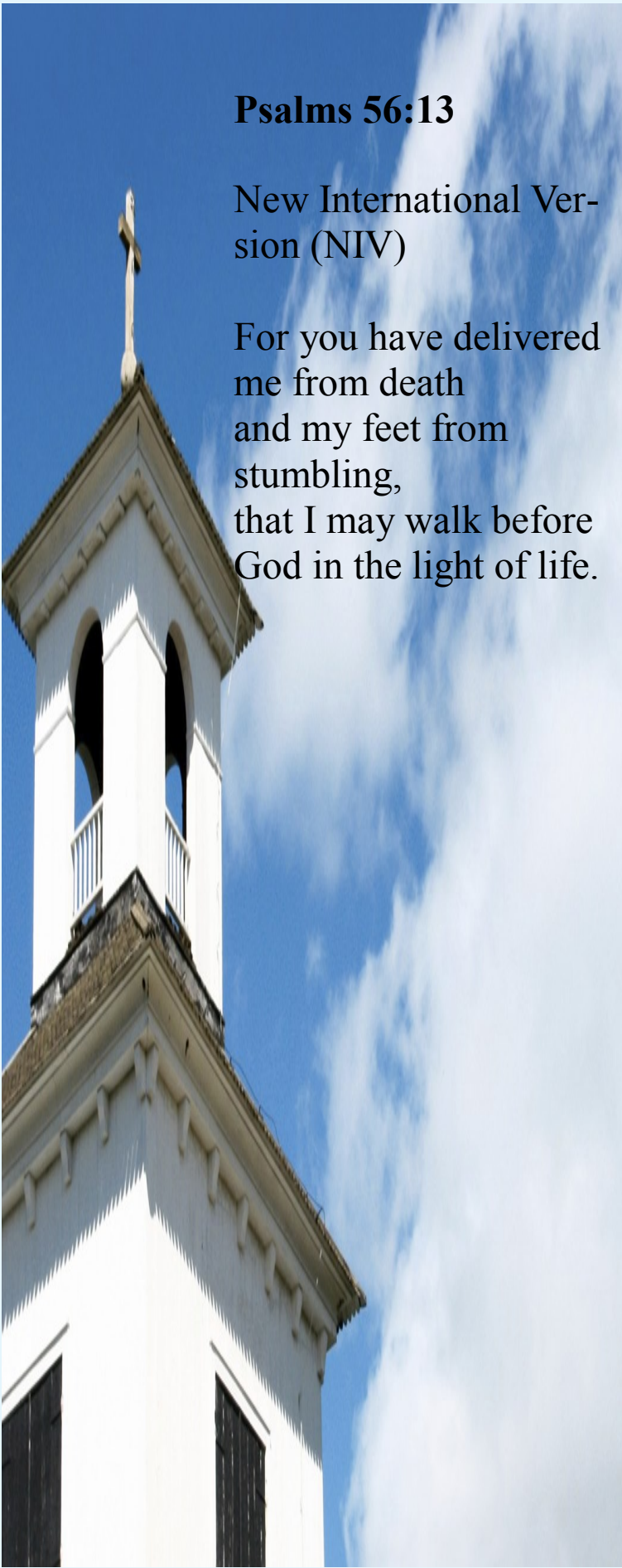
January 21 MNPVA BOD Meeting

*Bowling South: Thursday mornings starting at 11:00 a.m. at Eden Prairie Bowling Lanes in Eden Prairie, Minnesota.

*Bowling North: Thursday afternoons starting at 1:00 p.m. at Stars & Strikes Bowling in Wyoming, Minnesota

Hospital Visitation: Monday through Friday

Please call the MNPVA office if you plan on attending any of the above activities at 612-467-2263 or 1-800-663-6782 or via email at mnnpva@qwestoffice.net



Psalms 56:13

New International Ver-
sion (NIV)

For you have delivered
me from death
and my feet from
stumbling,
that I may walk before
God in the light of life.

**Membership Report by
Dale Haugen**

Current Membership = 353

Service Connected = 151

Non Service Connected = 202

***We remember the members
we have recently lost.***

Phil Engdahl

Steven Johanson

Oliver Andren

Eric Webster

January Birthdays

Harlan Ebert	Edgar Traut
Robert Young	Lee Whitley
David Berscheit	Curtis Jorgenson
Raymond Ostlund	Philip Schmitz
Donald Thompson	Ronald Ezuck
Mark Rahn	Lorne Lomprey
Andrew Bernstrom	James Delany
Dwight Bierbrauer	Brian Olson
Bill Wicklow	Gary Hieronimus
Roger Tottingham	Robert Hawley
Phillip Koehntop	Patrick Donley
Lorin Frey	Glenn Jackola

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Minneapolis, Minnesota 55417

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First Name: _____ MI: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____ E-mail: _____

Birth Date: ____/____/____ Membership ID Number: _____