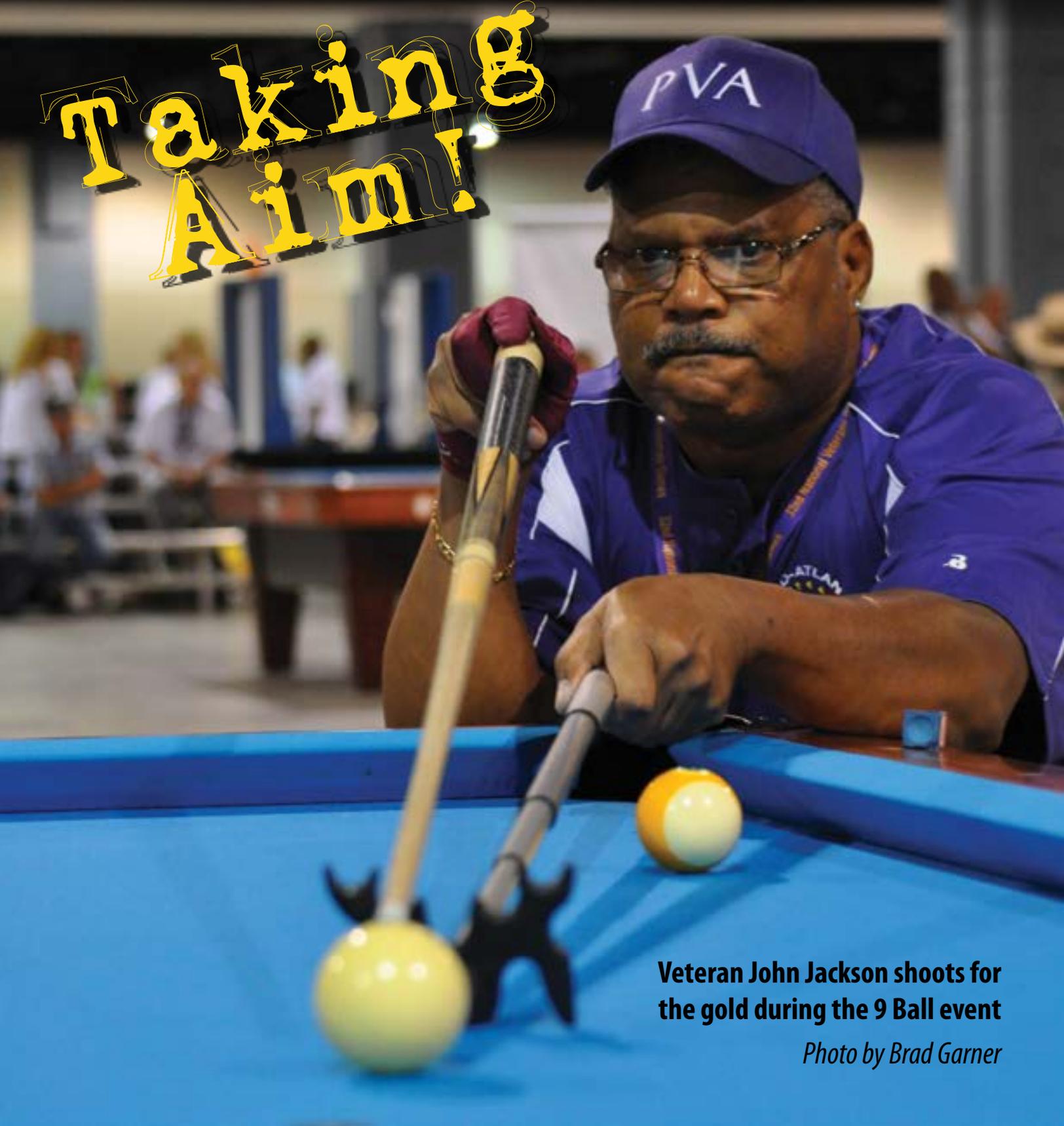


# RIVER CITY DAILY

Wednesday, June 27, 2012

Newsletter of the 32nd National Veterans Wheelchair Games

Taking  
Aim!



**Veteran John Jackson shoots for the gold during the 9 Ball event**

*Photo by Brad Garner*

“Last year, I was still in rehab at the Tampa VA, so I couldn’t attend the Games in Pittsburgh. But my rec therapist in Tampa, Tammy Pasquel, got me into all kinds of adaptive sports, like handcycling and quad rugby. It was like a new beginning for me. Because when I first got injured, I honestly thought my life was over. I had no idea about adaptive sports. So in Tampa I basically became a gym rat. I just immersed myself into getting back into shape again. The way I look at it, I’m going to keep living my life the same as I did before.

After your injury, you spend so much time in hospitals and you just lose all your strength and energy. When I was at Walter Reed, they gave me a 10# dumbbell for physical therapy and it just crushed me. I was used to throwing around the 65# dumbbells, so I was in bad shape. In Tampa I realized that you can’t

## THE GYM RAT

### Daniel Rose, 27: A U.S. Army Veteran from Madison, Wis., talks about training for his first National Veterans Wheelchair Games

just sit around. Staying in shape is going to keep me moving and that’s the most important thing.

When I first got in a chair, I would go 100 yards and be totally winded. I couldn’t get up a curb cut, I didn’t have any balance. So when I got home to Wisconsin, I made a point to go out in the community. Just getting out and pushing around builds strength and stamina. It is a workout. Sometimes, it’s tough if you focus on what you can’t do. Like I can’t go to this restaurant because it has steps. It can be depressing. I was lucky to have friends who didn’t skip a beat when I got injured. They just take with me them and if there are steps, they pick me up and carry me up them.

I’m looking forward to the Games. I will be competing in handcycling, bench press and trapshooting. I’ve been handcycling here in Madison. The Milwaukee VA let me use a loaner until I get my own. I hit the pool a couple times a week and the gym. Sometimes, I have to be creative to use the equipment, but the only thing holding you back in your own inhibition.”



#### His Coach – Joyce Casey

Joyce Casey is a Recreation Therapist from the Clement J. Zablocki VA Medical Center in Milwaukee. She has a team of nearly 20 athletes competing in the Games, including Dan Rose.

“Dan had been training with Brad at the Tomah VA and was off to a great start. We focus our program on making sure the Vets know about the resources available. Dan is very smart, he’s young, he’s motivated and athletic. He has huge potential. I’m really glad that he is going to the Games because I think it will challenge him to go even further.”

#### Games Online



NVWG @ <http://www.wheelchairgames.va.gov>



Twitter @ [twitter.com/#NVWG](http://twitter.com/#NVWG)



Facebook @ <http://www.facebook.com/RichmondVAMC#>



Flickr @ <http://www.flickr.com/photos/VeteransAffairs/>



## ORIGINAL ATHLETE PROFILE

# JIMMY MAY U.S. ARMY VETERAN

Jim May knows his way around the National Veterans Wheelchair Games. As a participant in 1981 and now in 2012, his vast experience is a great resource for newcomers.

“It’s not about me but the other Veterans.” said May. He serves as an inspiration to the Veterans who are just starting

their journey in the Games and he has this advice to give to them. “You might not like it at first but after awhile you will... Don’t think you can’t do it. Never say never. You can do it.”

May has participated in every one of the National Veterans Wheelchair Games except for the 27th in Milwaukee due to a surgery. Throughout his thirty-one years of participating in the Games his wife of 43 years, two sons and grandchildren have been a major support team for him. The Games have been a “life-time thing,” for May and he says his participation, “kept him from being bored, laying in a hospital bed.”

May has watched the Games grow from 74 participants in Richmond in 1981 to today where over 600 Veterans will participate in over 17 events.

May now considers the Games to be the “National Wheelchair Olympics” compared to their modest but groundbreaking start 31 years ago.

May keeps the spirit of the Games alive during the year through his community service and coaching. He is currently serving on the Board of Directors for the Mid-Atlantic Chapter of the Paralyzed Veterans of America; is the President of the Independent Wheelchair Athletic Association; and coaches the Richmond Rim Riders wheelchair basketball team.

He has won over 100 medals in the National Veterans Wheelchair Games and hopes to add a couple more in the five events he’s entered this year. But the medals have nothing to do with why May continues to come back to the Games year after year.

“Look at any of the events, they will inspire you. Some of the things these guys can do, will inspire you.”



### Continuing the Momentum!

NVWG Educational Sessions

#### Future of the VA National Veterans Sports Programs & Special Events

Thurs., June 28 • 11:30 a.m.–12:45 p.m. • Hall B15–A  
Christopher Nowak, Director, VA National Veterans Sports Programs & Special Events

Justin Brown, Chief Operations Officer, VA National Veterans Sports Programs & Special Events

Target Audience: Coaches, Veterans, Sponsors and other stakeholders

### Newsletter in iBooks!

Do you have an iPhone or iPad? Do you wish you could open and save the River City Daily in iBooks to share with family and friends? Well now you can!

Simply go to <http://www.wheelchairgames.va.gov> click on the media link and then the newsletter link. After you open the .pdf, double tap anywhere on your screen and select open in iBooks. Viola! You now have a digital copy to keep as long as you want.

You can also scan the QR code in every issue to open up that day’s issue directly. Enjoy!





STEVEN COMPSON



PATRICIA LABAR



KEITH THOMPSON

DORIS MERRILL

TERRI FUDA

## ORIGINAL ATHLETE PROFILE

# CHARLIE HAYDEN U.S. ARMY VETERAN

“It’s not about the medals but the camaraderie and friendships both old and new,” said Charlie Hayden, Vietnam Veteran. “The Games are a great instrument to revitalize people and to show them what they are capable of doing.”

Hayden has participated in half of the National Veterans Wheelchair Games since 1981 including the inaugural year. This year he will be participating in pool, air rifle, bowling and trap shooting events. Charlie’s wife of 43 years, two children and grandson will be supporting him this year at the Games.

As an original participant, Charlie described the first games back in 1981 on the Richmond VAMC grounds at the young age of 29. “The wheelchair games were exciting because you didn’t know what you could do.”

During the first Games, he competed in track and field sports as well as slalom. In later years he played his favorite and favorite sport basketball. Basketball is a sport Charlie played for over 26 years and loved every bit of it.

Throughout the year, Charlie stays very involved with the National Veterans Wheelchair Games. He



sits on the National Wheelchair Games Committee and helps with the preparations for each of the upcoming Games.

As Charlie has looked over the 32 years of the Games one thing that has amazed him over time is the advancement of the equipment and technology to allow participants to compete. Each advancement makes participating in the Games more feasible the Veterans.

“At every set of Games I took something home. I learned something new—a new focus—new dream. To see your fellow Veterans and see how blessed we are to participate is a great feeling.”

To those following Charlie and beginning their journey in the National Games, he has this to say, “Get out and get involved. There are things you can learn from others and it’s more than what you can ever learn from laying in the hospital.”

## Meet NASCAR Driver AJ Allmendinger!



Stop by the Convention Center café to meet AJ Allmendinger of the no. 22 Pennzoil Sprint Cup NASCAR. Meet AJ and get photos and autographs on Wednesday, June 27 from 1:30–2:00 p.m.

Check out AJ’s racecar. It will be stationed in the Convention Center near the basketball court Tuesday through Wednesday.

# VOLUNTEERS THE TEAM BEHIND THE TEAMS



Volunteers for the National Veterans Wheelchair Games (NVWG) number in the thousands and include over 400 active duty military like Private First Class (PFC) Brandy Shupe and PFC Joshua Kriger from the 530<sup>th</sup> Combat Sustainment Support Battalion in Fort Lee, Vir. Shupe previously volunteered at the McGuire VA and is the non-commissioned officer in charge of 60 volunteers from her unit involved in the Games. Volunteers like Shupe and Kriger serve in more than 50 different capacities from escorts and registration to water/ice/towel teams at the 17 events happening this week in Richmond.

More than 3,350 volunteers are the team behind the teams at the NVWG, supporting the competing athletes and ensuring the events run smoothly. It’s hard not to notice the sea of white T-shirts filling the hallways of the Greater Richmond Convention Center associated with the weeklong competition. Putting on an event of this magnitude “is a lot of hard work, but when you see the Veterans’ faces and their enjoyment, it makes it worthwhile,” said Janell Giles, Voluntary Service Specialist at the Hunter Holmes McGuire VA Medical Center in Richmond.

The volunteers come from all across the country and range in age from 14 to 90 and have come from as far away as Puerto

Rico and Washington state. Local volunteers make up the bulk of the workforce. Families, church and community groups, VA employees and corporate sponsors have all turned out in record numbers to give back to those who have served our country. Giles credits successful volunteer recruitment and the use of Volgistics online registration, a first for the games this year.

Every volunteer has a different reason for participating in the NVWG. Rodney Moody, a volunteer from Richmond says “I want to give back to the Veterans and show them my appreciation for their brave service and for protecting our country.” Rodney is working this week to provide water, towels and fans to the Veteran athletes among other duties.



# ODDS & ENDS

## SCHEDULE OF EVENTS

WEDNESDAY, JUNE 27	ACTIVITY	CLASS-DIV	LOCATION/VENUE
5:30–9 A.M.	BREAKFAST		HOTELS
7:30 A.M.	SOFTBALL	GAMES 1-2	DIAMOND GREEN
8:00 A.M.	AIR GUNS	ASSIGNED TIMES	BALLROOM / GRCC
	BOWLING	IA-B-C-STICK-HANDLE	HANOVER LANES
9 A.M.	SOFTBALL	GAMES 3-4	DIAMOND GREEN
	KIDS DAY		SPORTS BACKERS
10 A.M.	AIR GUNS	ASSIGNED TIMES	BALLROOM / GRCC
10:30 A.M.	SOFTBALL	GAMES 5-6	DIAMOND GREEN
10:30 A.M.–1:30 P.M.	LUNCH		HALL A / GRCC
1 P.M.	AIR GUNS	ASSIGNED TIMES	BALLROOM / GRCC
1:30 P.M.	QUAD RUGBY	GAME 4	HALLS C-D / GRCC
	POWER SOCCER	GAME 5-6	HALLS C-D / GRCC
	SLALOM	IV-V	HALL B / GRCC
	TABLE TENNIS	II-III	HALL A / GRCC
3 P.M.	AIR GUNS	ASSIGNED TIMES	BALLROOM / GRCC
	POWER SOCCER	GAME 7	HALLS C-D / GRCC
	QUAD RUGBY	GAME 5-6	HALLS C-D / GRCC
5-7:30 P.M.	BLOCK PARTY		SCIENCE MSM
8 P.M.	POWER SOCCER	GAME 8	HALLS C-D / GRCC
	BASKETBALL	GAME 7, 8	HALLS C-D / GRCC

GRCC = GREATER RICHMOND CONVENTION CENTER  
CP OF VA-CC = CONSERVATION PARK OF VA

## AWARDS SCHEDULE

WEDNESDAY, JUNE 27	ACTIVITY	LOCATION/VENUE
11 A.M. - 1 P.M.	TUESDAY EVENTS: TRAP SHOOT, BOWLING (II,III,IV,V)	AWARDS STAGE / GRCC
1 P.M. - 3 P.M.	TUESDAY EVENT: RAMP BOWLING	AWARDS STAGE / GRCC
3 P.M. - 5 P.M.	TUESDAY EVENTS: SLALOM (IV,V) TABLE TENNIS (II,III)	AWARDS STAGE / GRCC

GRCC = GREATER RICHMOND CONVENTION CENTER



### Attention Bowlers!

Due to the tornado, bowling events on Tuesday were postponed. Class IV and V athletes can stop by the bowling lanes any time on Wednesday to compete.

### Medical Clinics

Hotel medical suites will be open daily from 7 a.m.–10:30 p.m. Staff will be on call from 10:30 p.m. until 7 a.m. and can be reached by calling your hotel's front desk. The operator will take the Veteran's name and room number before contacting medical staff.

**Hilton Garden Inn**, Room 218  
(804) 344-4300, Ext. 7218

**Crowne Plaza**, Room 1124  
(804) 788-0791, Ext. 1124

**Omni Richmond**, Rooms 319 & 321  
(804) 344-7000, Ext. 7321

### Greater Richmond Convention Center (GRCC) Rooms E25 A & B

The Convention Center medical suite will be open daily from 7 a.m. until the last event at the Convention Center has ended. The suite will close Saturday, June 30 after the closing banquet.

*Games medical staff are authorized to treat registered athletes or volunteers on duty. They can also treat coaches and officials, but are unable to treat sponsors or family members. For more information, reference your Athletes and Coaches Guide.*

### Wheelchair Repair Shop

The repair shop will be in the GRCC Room E10A, Sunday June 24–Saturday June 30, 8 a.m.–5 p.m. (hours extended as necessary). Airport wheelchair repair will be available Sunday, June 24 and Sunday, July 1. Invacare minor repair service will be available at all off-site venues during events. For after-hours, emergency repair call (804) 314-4239. Please reference your Athletes and Coaches Guide for more information.

### Transportation

Shuttle service for volunteers will be available from the Showplace, 6 a.m.–10 p.m. on a continuing rotation and from McGuire VA Medical Center, 6 a.m.–10 p.m., Monday through Friday. The GRCC will serve as the hub for transportation. Shuttles will run one hour before scheduled events and continue running until 10:30 p.m.