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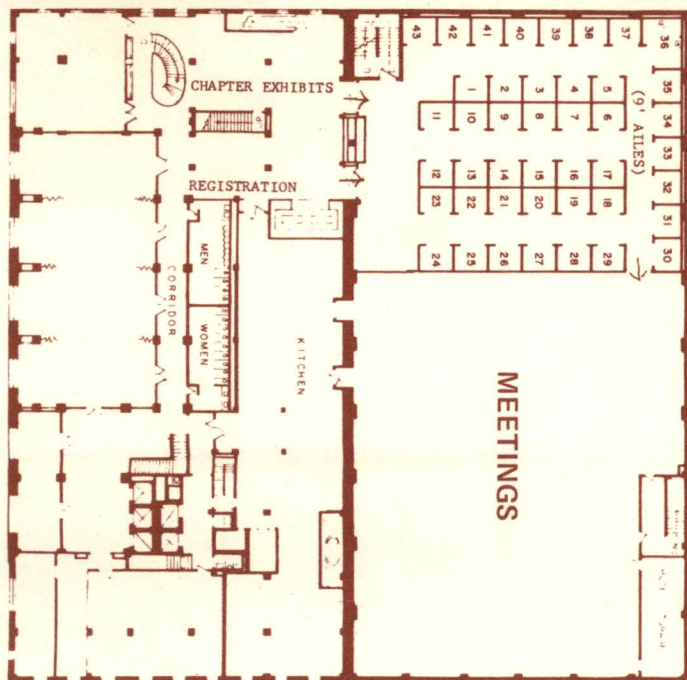
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FLOOR PLAN
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NPF



YA'LL COME

To The 1975 NPF Annual

CONVENTION

In Fort Worth Texas

- August 4-8

**CONVENTION
ANNOUNCEMENT**

*** TENTATIVE CONVENTION SCHEDULE ***

1975 ANNUAL CONVENTION
NATIONAL PARAPLEGIA FOUNDATION



**MONDAY,
AUGUST 4th**

- 2:00 p.m.**
Local Arrangements Committee
- 5:00 p.m.**
Board Dinner Meeting



**TUESDAY,
AUGUST 5th**

- 9:00 a.m.**
GENERAL SESSION DYNAMICS OF ORGANIZATION — Russel Robinson
- 10:00 a.m.**
Coffee Break
View Exhibits
- 10:30 a.m.**
BIO-FEEDBACK
Dr. John Basmajian
- YOU AND YOUR SKIN**
Dr. B. Herold Griffith
- 12:00 Noon to 2:00 p.m.**
LUNCH BREAK
View Exhibits
- 2:00 p.m.**
BIO-FEEDBACK
Mike Brown
- ORTHOTICS**
Thorkild Engen
- DYNAMICS OF ORGANIZATION**
Russel Robinson
- 3:15 p.m.**
Coffee Break
View Exhibits

- 3:45 p.m.**
DYNAMICS OF ORGANIZATION
Continued
- 7:00 p.m.**
Reception



**WEDNESDAY,
AUGUST 6th**

- 9:00 a.m.**
YOU AND YOUR URINARY TRACT
Dr. James H. Semans
- CHAPTER WORKSHOP — FUND RAISING**
- 10:30 a.m.**
Coffee Break
View Exhibits
- 11:00 a.m.**
GENERAL SESSION SPINAL CORD INJURY: THE
.PAST AND THE FUTURE
Dr. Paul C. Bucy
- 12:00 Noon to 2:00 p.m.**
LUNCH BREAK
View Exhibits
- 2:00 p.m.**
BUSINESS MEETING
- MEDICAL ADVISORY COMMITTEE SESSION**
Separate Titles and Presentors
- 3:15 p.m.**
Coffee Break
View Exhibits
- 3:45 p.m.**
Continuation of 2:00 Sessions
- 6:00 p.m.**
Bar-B-Que



**THURSDAY,
AUGUST 7th**

- 9:00 a.m.**
REHAB NURSING SESSION
- CLIENT/FAMILY/PROFESSIONAL**
Dr. Israel Goldiamond
- PAIN AND SPASM**
Dr. Ed Carter
- 10:30 a.m.**
Coffee Break
View Exhibits

- 11:00 a.m.**
GENERAL SESSION BIOMECHANICS
Dr. Vernon Nickel
- 12:00 Noon to 2:00 p.m.**
LUNCH BREAK
View Exhibits

2:00 p.m.
REHAB NURSING

CLIENT/FAMILY/PROFESSIONAL
Continued

CHAPTER WORKSHOP COMMUNITY ACTION

3:15 p.m.
Coffee Break
View Exhibits

3:45 p.m.
Continuation of 2:00 p.m. Sessions

6:00 p.m.
Special Events



**FRIDAY,
AUGUST 8th**

- 9:00 a.m.**
REHAB NURSING
- EARLY SOCIAL AND SEXUAL CONCERNS**
Mary Romano
- 10:30 a.m.**
Coffee Break
View Exhibits
- 11:00 a.m.**
GENERAL SESSION REGENERATION RESEARCH
Dr. Carmine D. Clemente
- 12:00 Noon to 2:00 p.m.**
LUNCH BREAK
View Exhibits
- 2:00 p.m.**
REHAB NURSING
- EDUCATION, TRAINING & JOB DEVELOPMENT**
Tom Shworles
- CHAPTER WORKSHOP COMMUNICATIONS**
- 3:15 p.m.**
Coffee Break
View Exhibits
- 3:45 p.m.**
Continuation of 2:00 p.m. Sessions
- 7:00 p.m.**
Banquet

YOU CAN'T AFFORD TO MISS THE 1975
CONVENTION OF THE
NATIONAL PARAPLEGIA FOUNDATION

Fort Worth Texas

August 4-8

"Care And Cure —
A Call To Action"

RESEARCH

- Papers on the latest achievements in basic and clinical research on spinal cord regeneration by the most eminent scientists and medical doctors
- Panel discussions

ACUTE CARE AND LONG TERM MANAGEMENT

- Long term care — prevention of decubiti and urological problems, treatment of decubiti and urological problems — various other facets of treatment
- Interdisciplinary roles and responsibilities
- Preparation for discharge and return to productive living

COMMUNITY RESPONSIBILITIES AND ACTION

- Legislation and programming on anti-discrimination, housing, architectural barriers, transportation, recreation, special programs of taxation, tax relief, tax benefits, air transportation, social security and related programs
- Insurance — the role of insurance companies, the contributions of insurance companies, problems relating to procurement and utilization of insurance, innovative insurance programs
- Action programs in these areas

NURSING FOR SPINAL CORD INJURY

Special session on nursing care of the spinal cord injured patient — acute care and rehabilitation nursing care emphasized in a two day program. Featured specialists Agnes Marshall R.N., Allan Dahart, and other nursing specialists.

FILM THEATER

- Various films will be available, during unstructured portions of the convention, dealing with various aspects of the problems of the spinal cord injured. It is hoped a definitive time table for various films can be established so that individuals can conveniently view those films they choose to view without missing any of the plenary sessions, curbstone sessions or workshops they wish to participate in.

EXHIBITS

- National exhibits, Chapter exhibits, educational exhibits, commercial exhibits

GALA AWARDS BANQUET

CO-SPONSORS

- Texas Rehabilitation Commission
- Lone Star Chapter — NPF — Fort Worth, Texas
- National Paraplegia Foundation
- Social and Rehabilitation Services Administrator
- American OT Association, Texas Chapter
- American PT Association, Texas Chapter
- Easter Seal Society
- Texas Nursing Association
- Medical Rehabilitation Research and Training Center #4 — Texas Rehabilitation Institute — Baylor University
- Medical Rehabilitation Research and Training Center #20 — Rehabilitation Institute of Chicago — Northwestern University

If you wish additional information on advance convention registration, advance housing registration, pre-convention program schedule and other information when it becomes available, send card or letter to the National Paraplegia Foundation, 333 N. Michigan Avenue, Chicago, Ill. 60601.

YES . . . I am interested in attending the NPF Annual National Convention.
Please send me the following information.

- ☐ Advance Convention Registration
- ☐ Advance Housing Registration
- ☐ Convention Program Schedule
- ☐ Additional Convention Materials as They Become Available
- ☐ Exhibiting - Commercial and/or Scientific

My Name _____

Address _____

City _____

State _____

Zip _____

NATIONAL PARAPLEGIA FOUNDATION
333 N. Michigan Avenue
Chicago, Illinois 60601

PLACE
STAMP
HERE

Sessions to Include:

Research in Spinal Cord Regeneration
Early Social and Sexual Concerns
Education/Training/Job Development
Community Action
Bio-medical Engineering
Bio-Feedback
Orthotics
Urinary Care
Skin Care
Organizing to Survive

During the four days of professional programs there will also be two workshops.

1. Interpersonal Relations —
The client-family-professional triad (1 day)
2. The continuum — Nursing Care (2 days)

Presentors who have agreed to participate in the program:

John Basmajian, M.D.
Emory University

Mike Brown, O.T.R.
Grady Memorial Hospital

Paul C. Bucy, M.D.
Editor, Surgical Neurology

Carmine D. Clemente
Professor & Chairperson, Anatomy
U.C.L.A. Medical School

Ellen Daly
Milwaukee, Wisconsin

Thorkild Engen, C.O.
Associate Professor
Baylor College of Medicine

Isreal Goldiamond, Ph.D.
Professor of Psychology & Psychiatry
University of Chicago

Robert R. Jackson, M.D.
Medical Director
Craig Rehabilitation Hospital

Vernon Nickel, M.D.
Chief, Orthopedic Surgery
Rancho Los Amigos Hospital

Hunter Peckman
Case-Western Reserve University

Russell Robinson
University of Wisconsin

Mary Romano, M.S.W.
Supervisor, Social Service
Columbia-Presbyterian Hospital

Robert J. White, M.D.
Professor of Neurosurgery
Case-Western Reserve University

SPECIAL SESSIONS

- * Nursing Care of the Spinal Cord Patient
- * Recent Research on Spinal Cord Regeneration
- * The Patient, His Family, & Medical Management.
- * Recent Medical Advances
Urology
Skin Care
Pain
Spasm Control
- * Social and Sexual Functioning in Paraplegia
- * Education/Training/Job Development for the Disabled.
- * Community Action Groups for the Disabled
Housing
Transportation
Community Barriers
- * Chapter Development
Developing Awareness
Organizing for Survival
- * Bio-Feedback and Orthotics
- * Film Theater

DAILY ACTIVITIES FOR CHILDREN

EXHIBITS

EXHIBITS

EXHIBITS



333 N. MICHIGAN AVENUE
CHICAGO, ILLINOIS 60601

NATIONAL PARAPLEGIA FOUNDATION • 333 N. MICHIGAN AVENUE • CHICAGO, ILLINOIS 60601 • TELEPHONE: 312/346-4779

Dear Friend:

In reply to your inquiry about starting an NPF Chapter, we are enclosing the following information:

- 1) A list of steps to follow to start a chapter;
- 2) Administrative Guide - a brief outline of what NPF is and what a chapter should be;
- 3) A typed copy of the NPF Articles of Incorporation;
- 4) A copy of the NPF By-Laws;
- 5) A draft copy of sample chapter by-laws. These are presented only as a sample, and can be changed to suit the needs of any chapter;
- 6) Outlines of the duties of individual chapter officers - President, Vice President, Recording Secretary and Corresponding Secretary. There is not an outline of Treasurer's duties in this packet, but there is available from this office a "Treasurer's Guide" consisting of approximately 20 pages which outlines our bookkeeping system and tells the treasurer how to set up books.
- 7) A sample of minutes of a chapter meeting. These are provided to give the Recording Secretary an easy format to follow in writing minutes of meetings. A complete set of minutes should be kept on file for every meeting;
- 8) An outline of legislative activity which can be conducted by a chapter;
- 9) A copy of the Chapter Agreement Form which is to be signed by the chapter President and Secretary when your chapter is ready to join NPF.

This information should tell you what NPF is and how you can start a chapter. Don't hesitate to call on us with any questions you have.

Please send us a reply within six weeks of receipt of this packet.

Sincerely,

David R. Williamson

David R. Williamson
Executive Director

NATIONAL PARAPLEGIA FOUNDATION
333 NORTH MICHIGAN AVENUE
CHICAGO, ILLINOIS 60601
(312) 346-4779

HOW TO FORM A CHAPTER

1. Identify a leader. If you have written asking for this Administrative Guide, you are presumably it.
2. The leader should learn as much about NPF as possible: this Administrative Guide is a good start. The National Office (NO) will supply additional material that will be helpful.
3. Assemble a prospect list - get names of all possible paraplegics, quadriplegics, families and friends of same, concerned medical people, civic leaders, anyone with general concern for humanity or a specific concern for paraplegics.
4. Form an organizational committee. The leader, you, will select a small committee (5-10 people) who are both able and dependable. They, in turn, will learn as much as possible about NPF.
5. Select a date and site for an initial public information meeting. The date should conflict with as few as possible other organizational dates and the site should be convenient (free of architectural barriers) and tasteful (avoid pool rooms).
6. Publicize the meeting using all available media: newspapers, both metropolitan and neighborhood; radio; TV; signs; posters; bulletin boards; whatever is available.
7. Plan the meeting well: use your committee members to help; get somebody from the NO if possible; if not, be prepared yourself to describe NPF, what it has been, is, and can be with emphasis on local benefits; be prepared to answer questions, draw up tentative by-laws (sample in Administrative Guide).
8. Organize a chapter. This may be the same time as #7 or it may be at a later date. You will have to make this judgement. These are the steps:
 - a. Enlist at least 10 members.
 - b. Pass by-laws
 - c. Elect officers
 - d. Pass a resolution to join NPF as a chapter and authorize your President and Secretary to execute the agreement with NPF.
 - e. Send the signed agreement to NPF together with a list of members, officers, and a copy of your by-laws.
 - f. NPF will submit your application and other data to the Board for what is usually an automatic acceptance.
 - g. You will be notified of your acceptance and sent a Charter, and you are in business.
9. Plan a regular schedule of meetings of your Board and your membership and program your chapter activities for a workable period.
10. Be sure you are complying with all local laws affecting not-for-profit organizations.

NATIONAL PARAPLEGIA FOUNDATION
333 NORTH MICHIGAN AVENUE
CHICAGO, ILLINOIS 60601
(312) 346-4779

CHAPTER ADMINISTRATIVE GUIDE

I INTRODUCTION

This administrative guide has been prepared to assist NPF Chapters in conducting chapter business in an orderly and efficient manner and to assist new chapters in their organizational processes. It is intended that the guide will remain the possession of the chapter president who will pass it on to his successor. An extra set of the various functional guides are enclosed for distribution to the appropriate chapter persons. These too should be passed on to successors. If a chapter should disband or withdraw from NPF the entire guide including all extra functional guides should be returned to the National Office of NPF.

It is not claimed that the procedures described herein are the only workable methods available but they are workable and can serve a chapter well if followed. It is possible that some procedures described are more elaborate than necessary for some chapter functions. Others may be insufficient and improvements can be added. This guide will have served its purpose if it establishes, within a chapter, recognition of the value of orderly processes and a desire for continuing improvement of chapter administration. And it provides a workable basis for good administration.

II BASIC IDEAS

A. Definition of Paraplegia

Paraplegia is paralysis of a person from approximately his waist down. Quadriplegia is paralysis of a person from his neck down. Paralysis can result from injury to or disease of the spinal cord. The level of the defect determines the level of paralysis. The nature of the defect determines the nature of the paralysis. Trauma, multiple sclerosis, tumors, or abscesses usually cause loss of both motion and sensation with malfunction of internal organs. Polio usually causes only loss of motion. For the general purposes of NPF the term "paraplegia" will include quadriplegia and will refer to loss of both motion and sensation with organic involvement and to polio cases.

B. Problem of Paraplegia

1. As individuals

Each paraplegic has his own unique set of physical, psychological, social, and economic circumstances. Broad remedial measures can be devised for paraplegics but these measures should be applied individually to individual paraplegics. Problems of identification and communication make labels unavoidable but we must never assume that everyone covered by a given label is a carbon copy of everyone else. If, as we believe, there are about 100,000 paraplegics in our country, we must also believe that these paraplegics each represent an individual problem which is a matter of concern to NPF.

2. As a Social Factor

The impact on society of 100,000 severely disabled persons is considerable. Probably about half are working. The other half are dependent in some manner on family or community. Many are practically "resident" in hospitals and many others are in need of recurring hospitalization and/or medical attention. Too few have had rehabilitation treatment. Too many are in backrooms isolated from normal social channels.

Beside the human losses involved the economic losses are tremendous. In addition to the cost of medical treatment we must add the loss of income production, tax losses, and loss of needed skills. Society is paying a high price for paraplegia - economically and emotionally.

C. Concept of Community Organization

The concept of community organization is simply the principle of people doing collectively what needs to be done and can't be done separately. The idea was probably born when two cavemen combined efforts to move a rock which needed to be moved for some reason and which neither could move alone. In practice today the idea manifests itself in ways that vary all the way from a neighborhood fox hunt to the United Nations including the National Paraplegia Foundation somewhere between the two.

D. Concept of NPF

NPF is nothing more than the application of community organization to the problem of paraplegia.

Separately, paraplegics and other concerned people could do something about this problem. But collectively we can do much, much more. By pooling our resources of time, energy, money, etc.,

we can coordinate our efforts so that we are all pulling in the same direction. We can reap the benefits of specialization. We can enjoy all the advantages that accrue to organized effort.

More specifically the concept of NPF is applied as follows:

1. Goals (What we want to get done)

Our ultimate goal is and must always be a complete cure for both new and old cases of paraplegia. Until that cure is found, we want to promote the best care possible for paraplegics.

2. Program (How we hope to accomplish our goals)

We have traditionally and do now follow a program of Research, Rehabilitation and Education.

By Research we refer to efforts to find new information, principles, or techniques that will help achieve our goals.

By Rehabilitation we refer to our efforts (primarily through chapters) to help paraplegics live a full life. This is essentially a person to person technique whereby an experienced paraplegic demonstrates to a newcomer or isolated oldtimer that something better is available. The social and sports activities of chapters are quite useful for this kind of rehabilitation. We do not pretend to operate formal rehab centers but occasionally we might be able to persuade a paraplegic to come out of isolation and undertake active treatment in such a center.

By Education we refer to the preparation or purchase and distribution of appropriate informative materials to anyone needing them including paraplegics, their families, medical and paramedical people, students, and the public.

In the implementation of our program we believe we have developed a workable partnership of the National Office and local chapters. Each performs those tasks which it is best equipped to do and leaves to the other tasks which are beyond its ability.

For example, The National Office prepares educational materials that should be standardized. The local chapters can be quite effective in the distribution of those materials. In fund raising the National Office is a better prospect for seeking large gifts while the local chapters can more efficiently seek small gifts. It is a good and harmonious relationship.

3. History (How we've done so far)

NPF was formed in 1948 by members of the paralyzed Veterans of America and other interested persons. For a number of years NPF chapters were PVA chapters with a few "civilian" affiliated groups. The first sizable recruiting of civilians began around 1958-59 and we now have many civilian chapters. Happily, several PVA Chapters still maintain their NPF affiliation. Further, PVA's financial support of NPF has been both lasting and generous.

From the standpoint of accomplishment almost all of our activities can be characterized as "some, but not enough." We have supported some medical research. We have done some statistical and rehabilitation research. We have prepared or purchased and distributed a number of educational materials (including a prize winning film) to the concerned professions, patients, and the public. We have used radio, tv, and the printed media in public education. Our chapters have done a good job in their communities in social and sporting events, scholarships, providing equipment, broad educational programs, legislation, and financial support of National.

We are sure we are doing the right things, but not enough or in enough places.

III BASIC PAPERS AND LEGAL STATUS

A. Articles of Incorporation

COPY OF CERTIFICATE OF INCORPORATION

CERTIFICATE NUMBER 6487

STATE OF ILLINOIS
Office of
The Secretary of State

TO ALL TO WHOM THESE PRESENTS SHALL COME, GREETING:

WHEREAS, Articles of Incorporation duly signed and verified of

NATIONAL PARAPLEGIA FOUNDATION

have been filed in the Office of the Secretary of State on the
10th day of July, A.D. 1948, as provided by the "GENERAL NOT
FOR PROFIT ACT" of Illinois, approved July 17, 1943, in force
January 1, A.D. 1944;

NOW Therefore, I, EDWARD J. BARRETT, Secretary of State of the
State of Illinois, by virtue of the powers vested in me by law,
do hereby issue this certificate of incorporation and attach
thereto a copy of the Articles of Incorporation of the aforesaid
corporation.

IN TESTIMONY WHEREOF, I hereto set my hand and cause to

be affixed the Great Seal of the State of Illinois,

Done at the City of Springfield this 10th

day of July A.D. 1948 and of the

Independence of the United States the

on hundred and 73rd

SEAL

/s/ EDWARD J. BARRETT

Secretary of State.

COPY OF ARTICLES OF INCORPORATION

UNDER THE

GENERAL NOT FOR PROFIT CORPORATION ACT

To EDWARD J. BARRETT, Secretary of State, Springfield, Illinois.

We, the undersigned,

NAME	NUMBER	STREET	ADDRESS CITY	STATE
Henry George Slavik	10	South La Salle St.	Chicago,	Illinois
H. Barry McCormick	650	West Washington	Chicago,	Illinois
Alfred L. Gore	117	West Harrison St.	Chicago,	Illinois
Gilford S. Moss	219	West Maple St.	Hinsdale,	Illinois
Howard W. West	218	West Monroe St.	Chicago,	Illinois

being natural persons of the age of twenty-one years or more and citizens of the United States, for the purpose of forming a corporation under the "General Not For Profit Corporation Act" of the State of Illinois, do hereby adopt the following Articles of Incorporation:

1. The name of the corporation is: National Paraplegia Foundation
2. The period of duration of the corporation is: Perpetual
3. The address of its initial Registered Office in the State of Illinois is: 10 South La Salle Street, in the City of Chicago, County Cook, and the name of its initial Registered Agent at said address is:
Henry George Slavik
4. The first Board of Directors shall be eleven in number, their names and addresses being as follows:

NAME	NUMBER	STREET	ADDRESS CITY	STATE
Jerry Giesler	215	West Fifth Street	Los Angeles,	California
R. W. McKee	4855	East 52nd Place	Los Angeles,	California
Fred Levinthal	30	West 54th Street	New York,	New York
Henry George Slavik	10	South La Salle St.	Chicago,	Illinois
H. Barry McCormick	650	West Washington St.	Chicago,	Illinois
Alfred L. Gore	117	West Harrison St.	Chicago,	Illinois
Gilford S. Moss	219	West Maple Street	Hinsdale,	Illinois
Fred Smead		Santa Monica	Santa Monica,	California
Robert Moss	99	Park Avenue	New York,	New York
Bernard Shufelt			Richmond,	Virginia
Albert Aren		V. A. Hospital	Memphis,	Tennessee

5. The purpose or purposes for which the corporation is organized are:

- A. To form a national foundation for the benefit of all persons, who have suffered injuries or diseases of the spinal cord.
- B. To aid and assist in carrying on educational programs and in procuring benefits for such persons by acquainting the public on a national scale with the needs and problems of paraplegics.
- C. To act for and on behalf of the Paralyzed Veterans Associations of America, or any other association, firm or corporation in connection with the general purposes of this Foundation.
- D. To establish a foundation for research in the several fields connected with injuries and diseases of the spinal cord.
- E. To advocate and foster and maintain complete and effective reconditioning programs, psycho-therapy, competent walking instructions, adequate guidance (both vocational and educational), academic and vocational education (both in hospitals and in educational institutions), psycho-therapy, psychological orientation and re-adjustment to family, friends and society, and occupational therapy (both functional and diversional).
- F. To provide proper means for carrying out the objectives of this Foundation, and to take actions and do all things whatsoever necessary or advisable to realize these objectives.

This corporation, from time to time, may pursue any one or more of the objectives set forth herein as the purposes of the Foundation, and may trans-act its business in the State of Illinois and/or in any other state or foreign country. The corporation shall not provide care for neglected and dependent children.

BY-LAWS
OF THE
NATIONAL PARAPLEGIA FOUNDATION
333 North Michigan Avenue
Chicago, Illinois 60601

July 1, 1974

ARTICLE I

Name. The name of this organization is the National Paraplegia Foundation, hereafter referred to as the Foundation.

ARTICLE II

Purposes

The purpose of this organization is to work toward the alleviation and eventual cure of paraplegia by:

- (a) Carrying on an educational program among paraplegics and persons associated with paraplegia.
- (b) Procuring benefits for paraplegics through public education.
- (c) Advocating and fostering research in spinal cord regeneration.
- (d) Advocating and fostering complete rehabilitation programs and facilities for paraplegics.
- (e) Doing all things necessary or advisable to achieve these objectives.

ARTICLE III

Membership

Section I. Membership Types

The Foundation shall consist of the following types of membership:

- (a) Chapters
- (b) Affiliates
- (c) Members at Large
- (d) Institutional Members
- (e) Benefactors
- (f) Honorary Members

Section 2. Chapters

(a) Qualification and Admission

Ten (10) or more persons banding together as an unincorporated association or corporation, whose duly elected president and secretary have signed the Foundation standard chapter agreement and have submitted By-laws acceptable to the Foundation, may be elected a chapter of the Foundation by a 2/3 vote of the Board of Directors.

(b) Standard Chapter Agreement

The standard chapter agreement shall provide for the following rights and obligations:

i. Rights

Chapters:

- a) Will be given an appropriate charter as evidence of membership in the Foundation.
- b) Are entitled to guidance from the Foundation.
- c) May purchase materials from the Foundation at preferred prices.
- d) Are entitled to ten (10) votes on any matter requiring a vote of the membership. The ten (10) chapter votes may be cast in an appropriate manner.
- e) Will be provided bonding by the Foundation in an appropriate amount for duly elected or appointed officers.

ii. Obligations

Chapters of the Foundation must:

- a) Maintain an annual membership of at least ten (10) individual members.
- b) Pay a Chapter fee of \$50.00 for the first year of chapter membership and \$100.00 per year thereafter.
- c) Pay annual dues to the Foundation at the rate of \$3.00 per individual chapter member (collection and payment of individual chapter members' dues is the chapter's responsibility.)

- d) Abide by the by-laws of the Foundation.
- e) Support the Foundation's policies and programs.
- f) Submit annual reports of their programs and financial activities.
- g) Surrender all assets to the Foundation if the chapter shall
cease to exist.

(c) Individual Chapter Members

i. Rights

Individual Chapter members will have the following rights:

- a) Will be issued a Foundation membership card.
- b) May purchase materials from the Foundation at preferred prices.
- c) May be elected to any Foundation office.
- d) Will receive the Foundation's official publication.
- e) Each member is entitled to one (1) vote in any matter requiring
a vote of the membership and may cast that vote in an appropriate
manner.

ii. Obligations

Individual Chapter members must:

- a) Maintain membership in good standing in the Foundation.
- b) Abide by the by-laws of the Foundation.
- c) Support the Foundation's policies and programs.

(d) Removal

Chapters may be removed for cause by a 2/3 vote of the Board of Directors.
Chapters must be given a 30 day notice of intent to remove together with
a statement of charges and must be given an opportunity for defense.

Section 3. Affiliates

(a) Qualification and Admission

Chapters of the Paralyzed Veterans of America, Inc., whose duly elected
president and secretary have signed the Foundation standard affiliation
agreement may be elected an affiliate of the Foundation by a 2/3 vote
of the Board of Directors.

(b) Standard Affiliation Agreement

The standard affiliation agreement shall provide for the following rights and obligations:

i. Rights

- a) Will be given an appropriate charter as evidence of their affiliate status.
- b) Are entitled to guidance from the Foundation.
- c) May purchase materials from the Foundation at preferred prices.
- d) Are entitled to ten (10) votes on any matter requiring a vote of the Membership. The ten (10) affiliate votes may be cast in an appropriate manner.

Individual members of an affiliate may receive the Foundation's official publication by submitting their name and address to the Foundation office.

ii. Obligations

- a) Pay to the Foundation an affiliate membership fee of \$50.00 for the first year as an affiliate and \$100.00 per year thereafter.
- b) Abide by the by-laws of the Foundation.
- c) Support the Foundation's policies and programs.
- d) Submit an annual report of their Foundation related activities.

(c) Removal

Affiliates of the Foundation may be removed for cause by a 2/3 vote of the Board of Directors. Affiliates must be given a 30 day notice of intent to remove together with a statement of charges and must be given an opportunity for defense.

Section 4. Members at Large

(a) Qualification and Admission

Any individual person may become a member at large of the Foundation

by signing and submitting an appropriate application together with payment of dues as follows:

Participating Member	\$ 3.00 or more
Sustaining Member	10.00 or more
Century Club Member	100.00 or more
Life Member	500.00 or more paid within one fiscal year

Upon receipt of a signed application and payment of dues, the Secretary of the Foundation may issue an appropriate card, certificate, or other recognition of membership at large as prescribed by the Board of Directors. Any question as to the validity of any membership at large shall be decided by the Board of Directors by a 2/3 vote.

(b) Rights and Obligations

i. Rights

Members at Large:

- a) Will be issued a Foundation membership card
- b) May purchase materials from the Foundation at preferred prices.
- c) May be elected to any Foundation office.
- d) Will receive the Foundation's official publication.
- e) Are entitled to one (1) vote in any matter requiring a vote of the membership and may cast that vote in an appropriate manner.

ii. Obligations

Members at Large must:

- a) Pay dues as prescribed in Article III, Section 4-A of these by-laws.
- b) Abide by the by-laws of the Foundation.
- c) Support the policies and programs of the Foundation.

(c) Removal

Members at large of the Foundation may be removed by a 2/3 vote of the

Board of Directors. Members at large must be given a 30 day notice of intent to remove together with a statement of charges and must be given an opportunity for defense.

Section 5. Institutional Members

Any health care facility or health related organization desiring to support the policies and programs of the Foundation may become an institutional member by payment of an annual fee of \$50.00. Upon payment of the annual fee, an appropriate certificate shall be issued. Institutional members may exercise all the privileges of membership except the right to vote.

Section 6. Benefactors

Any business desiring to support the policies and programs of the Foundation may become a Benefactor member by payment of an annual fee of at least \$50.00. Upon payment of the annual fee, an appropriate certificate shall be issued. Benefactors may exercise all the privileges of membership except the right to vote.

Section 7. Honorary Members

The Board of Directors may award the title of Honorary Member to persons who have made unusual contributions to the Foundation. A 2/3 vote of the Board of Directors will be required to elect an Honorary Member. Upon election an appropriate certificate shall be issued. Honorary Members may exercise all the privileges of membership except the right to vote. Honorary memberships shall continue indefinitely unless revoked by a 2/3 vote of the Board of Directors.

ARTICLE IV

Officers

Section 1. Officers Listed: The Officers of the Foundation shall be: a

President, one or more Vice Presidents, a Secretary and a Treasurer.

Section 2. Tenure: All Officers shall be elected for a term of one year.

Section 3. Election: The President and Vice President shall be elected (from the Board of Directors) by the Members at their Annual Meeting. The

Secretary and the Treasurer shall be elected by the Board of Directors at their first meeting following the Annual Meeting of Members.

Section 4. Vacancies: Any vacancy shall be filled by appointment by the Board of Directors until the next regular election.

Section 5. Qualifications: All officers must be Members in good standing of the Foundation.

Section 6. Duties:

(a) President. The President shall preside at all meetings of the Foundation and of the Board of Directors and shall be a member ex-officio with a right to vote on all committees except the Nominating Committee. He shall, also, at the Annual Meeting of the Foundation and such other times as he deems proper, communicate to the Board of Directors such matters and make such suggestions as may in his opinion tend to promote and increase the usefulness and welfare of the Foundation. He shall perform such other duties as are necessarily incident to the Office of President.

(b) Vice Presidents. In case of the inability from any cause of the President to act, one of the Vice Presidents in order of seniority shall perform the duties of President. Any Vice President shall perform such other duties as may be assigned to him by the President or Board of Directors.

(c) Secretary. The Secretary shall keep a correct and permanent record of the meetings of the Foundation and of the Board of Directors and present the same as directed at any meeting. The Secretary shall keep current the list of members of the Foundation and their addresses. The Secretary will issue notices of meetings of the Foundation and of the Board of Directors upon direction of the President. The Secretary will conduct the correspondence and perform all other duties as may be assigned by the President or Board of Directors. The Secretary shall be keeper of the Seal of the Foundation. At the expiration of his

term of office, he shall promptly hand over all documents and papers to his successor.

- (d) Treasurer. The Treasurer will be the custodian of all funds of the Foundation and shall be accountable for their safekeeping. The Treasurer will keep financial records, account for all receipts and disbursements and make financial reports to the Foundation at such times as designated. All checks, drafts, and other orders for the payment of money by the Foundation and all receipts for payment of money to the Foundation from any source will be issued by the Treasurer in such manner as may be determined by the Board of Directors. The Treasurer will submit his records for audit annually. At the expiration of his term of office the Treasurer will promptly hand over all money, papers, record books or other property belonging to the Foundation to his successor.

ARTICLE V

Board of Directors

Section 1. Composition. The Board of Directors shall consist of at least thirteen

(13) but no more than forty-two (42) Members in good standing of the Foundation, one of whom shall be a designee of the Paralyzed Veterans of America, Inc.

Section 2. Tenure: The Director designated by the Paralyzed Veterans of America, Inc., shall serve a term of one (1) year. All others shall serve for terms of three (3) years.

Section 3. Election. Directors shall be elected by a majority vote of the members at the Annual Meeting. Excepting the designee of the Paralyzed Veterans of America, Inc., approximately 1/3 shall be elected each year.

Section 4. Vacancies. Vacancies in the Board of Directors shall be filled by a 2/3 vote of the remaining Board members.

Section 5. Removal. Any Director may be removed by a 2/3 vote of the members present at any special meeting called for that purpose.

Section 6. Compensation. Directors, as such, shall receive no compensation

for their service but, by resolution of the Board of Directors, may be compensated for actual expenses of attending Foundation meetings.

Section 7. Powers and Duties.

(a) General. The Board of Directors will be the governing body of the Foundation. The Board will carry out the mandates and policies of the Foundation subject only to the provisions of these By-Laws and to all resolutions and enactments of the voting members passed at any meeting. The Board has full and complete power and authority to perform all acts and to transact all business for and in behalf of the Foundation and to manage and conduct all property, affairs, work and activities of the Foundation. The Board shall have such other powers and duties as these By-Laws may elsewhere provide and as the Foundation may in addition grant or impose.

(b) Specific.

1. The Board has the power to employ an Executive Director and authorize other positions.
2. The Board has the power to hold meetings and appoint committees.
3. The Board has the power to establish Regional Councils for purposes of communication and fund raising.
4. The Board must arrange for the bonding of Foundation personnel who handle Foundation Funds.
5. The Board must report to Foundation Members at the Annual Meeting

and must distribute reports of its meetings to Foundation members.

Section 8. Directors Emeritus. The Board of Directors may elect, by a 2/3

vote, a Board Member who has previously served the Board with distinction to the title of "Director Emeritus." Such Directors Emeritus shall be extended all the courtesies and privileges of a regular Director except that they may not vote as Directors.

ARTICLE VI

Meetings

Section 1. Meetings of Members.

(a) Time and Place. The Foundation will hold a regular annual meeting at such time and place as the Board of Directors may determine.

(b) Order of Business. The order of business shall be:

1. Calling of the roll
2. Proof of Notice of Meeting or Waiver of Notice
3. Reading of Minutes
4. Receiving communications
5. Reports of Officers
6. Election of Officers and Board Members
7. Unfinished business
8. New Business

Any question as to priority of business shall be decided by the chair without debate. This order of business may be altered or suspended at any meeting by a majority vote of the members present.

(c) Notice. Notice of the Meeting with postage prepaid shall be mailed to the Members at their last recorded address at least thirty (30) but not more than ninety (90) days before meeting time. Notice shall also be published in the National Publication in the June issue.

(d) Waiver of Notice. A meeting may be held at any time and place and action taken provided a waiver of notice is signed by ten (10) % of the Members entitled to notice.

(e) Quorum. The presence in person or by proxy of ten (10) % of Members entitled to vote shall constitute a quorum for the transaction of business.

(f) Voting. Each Member in good standing shall be entitled to one (1) vote. The Paralyzed Veterans of America, Inc. shall be entitled to one (1) vote.

- (g) Proxies. Any Member entitled to vote at any Meeting of Members may vote by proxy. The person exercising the proxy must be a Member in good standing.
- (h) Special Meetings. Special Meetings of the Members of the Foundation may be called by the Board of Directors at their discretion or upon the written request of ten (10) % of the Members. Notice for Special Meetings must be sent at least twenty (20) days prior to meeting time. No business other than that specified in the notice shall be transacted at any Special Meeting.
- (i) Voting by Mail. Any action requiring the vote of Members may be taken by mail. A ballot will be mailed to the Member at his last known address. The failure of a member to reply within 45 days shall be considered an abstention by that Member.

Section 2. Meetings of Board of Directors.

- (a) Time. The Board of Directors shall hold a regular meeting immediately following the Annual Meeting of Members, and the Board or its Executive Committee shall meet at least six (6) times a year.
- (b) Notice. Notice of the meeting shall be sent to each Member at least thirty (30) days prior to meeting time. Notice may be waived by 2/3 of the Directors.
- (c) Quorum. One-third (1/3) of the Board of Directors shall constitute a quorum for the transaction of business.
- (d) Rules of Order. The following order of business shall apply to meetings of the Board of Directors.
1. Calling of roll.
 2. Proof of Notice or Waiver.
 3. Reading of Minutes.
 4. Receiving Communications.
 5. Reports of Officers.
 6. Election of Officers and Members.

7. Unfinished business.

8. New Business.

- (e) Special Meetings. The President may, at his discretion, call a Special Meeting of the Board. At the request in writing of five (5) members of the Board, the President must call a Special Meeting of the Board. Ten (10) days notice will be required for a Special Meeting.
- (f) Any action requiring a vote of the Board of Directors must be taken by mail.

ARTICLE VII

Committees

Section 1. Standing Committees. The Board of Directors shall elect annually standing Committees as follows:

- (a) Executive Committee. The Board of Directors shall annually elect from its members at least six (6) but no more than seventeen (17) who together with the President shall constitute an Executive Committee. Except as limited by the General Not-for-Profit Corporation Act of the State of Illinois, the Executive Committee will act on behalf of the Board when the Board is not in session. One-third (1/3) of the Executive Committee shall constitute a quorum for the transaction of business. Minutes of all Executive Committee meetings shall be sent to all members of the Board and to all Chapter Presidents.

Section 2. Nominating Committee. At least ninety (90) days prior to the Annual Meetings the Board of Directors shall elect a Nominating Committee of five (5) individuals of whom two (2), but no more than two, shall be members of the Board. The Nominating Committee will present at the Annual Meetings the names of qualified individual members whom it recommends for election to positions (Board of Directors, Executive Committee, and Officers) that are vacant or will be vacant at the close of the Annual Meetings. The Nominating Committee will nominate at least one person for each position to be filled. However, any member may nominate from the floor.

Section 3. Other Committees. The Board of Directors may elect other standing and special committees at their discretion and may specify their terms of office and organizational structure.

ARTICLE VIII

Records

Section 1. Financial. The Foundation shall keep correct and complete records of all financial transactions.

Section 2. Membership. The Foundation shall keep correct and complete records of all members entitled to vote.

Section 3. Minutes. The Foundation shall keep minutes of the Meetings of its members, Board of Directors, and Executive Committee.

Section 4. Uniform Procedures for Chapters. The Foundation will establish uniform bookkeeping and administrative procedures for the guidance of its chapters.

Section 5. Rights of Inspection and Privilege. All books and records of the Foundation may be inspected by any Member for any proper purpose at any reasonable time.--Books and records of the Foundation will be made available to others in the interest of the Foundation.

ARTICLE IX

Seal

The Board of Directors shall provide a corporate seal which shall be in the form of a circle and shall have inscribed thereon the name of the Foundation and the words, "Corporate Seal, Illinois."

ARTICLE X

Fiscal Year

The Fiscal Year shall run from July 1 to June 30.

ARTICLE XI

Waiver of Notice

Section 1. Members. Whenever any notice is required for Members under these

By-Laws, a waiver in writing by ten (10) % of the Members entitled to

notice shall be considered equivalent to notice.

Section 2. Board of Directors. Whenever any notice to the Board of Directors is required under these By-Laws, a waiver in writing by 1/3 of the persons entitled to notice shall be considered equivalent to notice.

ARTICLE XII

Roberts Rule of Order

Roberts Rules of Order (Revised) will apply to Foundation actions unless otherwise provided by these By-Laws.

ARTICLE XIII

Standing and Special Rules

For the purpose of establishing efficient administrative procedures for effective adherence to the intent of these By-Laws there shall be attached to these By-Laws (but not an integral part thereof) an addition to be known as "Standing and Special Rules." These Standing and Special Rules shall be amended in the same manner as regularly prescribed for the National By-Laws.

ARTICLE XIV

Amendments to By-Laws

These By-Laws may be amended at any Annual or Special Meeting of the Members by a 2/3 vote of the voting members present and voting providing that the proposed amendment has been submitted in writing at least 30 days prior to the meeting at which it is to be acted upon.

CHAPTER BY-LAWS -- DRAFT
OF THE
NATIONAL PARAPLEGIA FOUNDATION

ARTICLE I

Name

This organization shall be known as the _____ Chapter, National Paraplegia Foundation, Inc.

ARTICLE II

Purposes

This Chapter shall carry on local programs consistent with the purposes of the National Paraplegia Foundation.

ARTICLE III

Authority

This Chapter has the power and duties delegated to it by its Affiliation Agreement with the National Paraplegia Foundation.

ARTICLE IV

Membership

SECTION 1. Classes of Membership.

- (a) Active Members will pay dues of no more than \$10.00 per year.
- (b) Sponsoring members will pay dues of at least \$25.00 per year.
- (c) Life Members are entitled to life membership for a payment of at least \$100.00
- (d) Persons making valuable contributions to paraplegia may be elected

to Honorary Membership by a 2/3 vote of the members entitled to vote
at any duly constituted meeting of the Chapter.

SECTION 2. Qualifications. Any person of good standing interested in paraplegia
may be elected to membership.

SECTION 3. Admission. A new member may be admitted by a 2/3 vote of the Executive
Board.

SECTION 4. Removal. Any member may be removed for cause by a 2/3 vote of the
Executive Board provided he shall have been given a ten (10) day notice of intent
to remove and given a chance to defend himself.

SECTION 5. Rights. All members, except honorary members, are entitled to hold
Chapter or National offices in the Foundation and are entitled to vote at regular
or special Chapter meeting.

SECTION 6. Obligations.

- (a) General. Members are obligated to support the Chapter Program and
to do nothing detrimental to the National Paraplegia Foundation.
- (b) Financial. Members will pay annual dues to their Chapter at a rate
determined by the Executive Board. The membership year shall run
from July 1 to June 30. Any new member paying dues after April 1
of any year will be a member for the rest of that fiscal year plus
the fiscal year next following. Any member whose dues are in arrears
more than ninety (90) days shall be dropped provided he shall have
been given notice of thirty (30) days.

ARTICLE V

Officers

SECTION 1. Chapter Officers Listed. Chapter Officers shall be elected as follows: President, Vice President, Recording Secretary, Corresponding Secretary, and Treasurer.

SECTION 2 Tenure: All Officers shall serve a term of one year.

SECTION 3. Election. Officers shall be elected by a majority vote of members present and voting at the regular Annual Meeting in June and installed immediately.

SECTION 4. Vacancies. Vacancies shall be filled by appointment by the Executive Board until the next regular election.

SECTION 5. Qualifications. An Officer must be an active, sponsoring, or life member of the Chapter whose dues are not in arrears.

SECTION 6. Duties.

- (a) President. The President shall be the chief Executive and presiding officer of the Chapter and Executive Board and is an ex-officio member of all committees except the Nominating Committee. With the Treasurer he shall execute all contracts and obligations of the Chapter which must have the prior approval of the Executive Board to be binding.
- (b) Vice President. The Vice President will assist the President and assume the President's duties in case of his absence or disability.
- (c) Recording Secretary. The Recording Secretary will record the minutes of all meeting of the Chapter and Executive Board and will keep other Chapter records including the Standard Affiliation Agreement.

- (d) Corresponding Secretary. The Corresponding Secretary will handle all Chapter correspondence and maintain correspondence files.
- (e) Treasurer. The Treasurer will be the custodian of all funds of the Chapter and shall be accountable for their safekeeping. The Treasurer will keep financial records, account for all receipts and disbursements and make financial reports at all regular Chapter and Executive Board meetings. All checks, drafts, and other orders for the payment of money shall be issued by the Treasurer and countersigned by the President. The Treasurer shall issue a receipt for all monies, from any source paid to the Chapter. At the expiration of his term he shall hand over all monies and pertinent papers to his successor.

ARTICLE VI

Executive Board

SECTION 1. Authority. The Executive Board is the governing body of the Chapter.

SECTION 2. Composition. The Executive Board shall consist of a minimum of five elected Officers and the immediate past President plus a number of elected Directors not to exceed five (5).

SECTION 3. Qualification. Board Members must be Chapter members in good standing.

SECTION 4. Election. Board Members will be elected by a majority vote of the members present and voting at the regular Annual Meeting in June.

SECTION 5. Tenure. Board Members will serve a term of one (1) year.

SECTION 6. Vacancies. Board vacancies will be filled by appointment by the Board until the next regular election.

SECTION 4. Authority. A committee cannot obligate the Chapter to any action or expense. They can make recommendations to the Executive Board and the Board can take action.

ARTICLE VIII

Meetings

SECTION 1. Annual. A regular Annual Meeting of the Chapter must be held during the month of June at which time Annual reports will be given and Officers and Executive Board members will be elected and installed.

SECTION 2. Regular. The Executive Board will establish a schedule of regular meetings for the members and there must be at least four (4) such meetings.

SECTION 3. Special. Special meetings may be held to transact only that business announced in the Special Meeting notice.

SECTION 4. Quorum. Ten percent (10%) of the membership shall be considered a quorum for the transaction of business.

SECTION 5. Notice. At least ten (10) days notice must be given for Annual and Regular Meetings and five (5) days for a special meeting. Notice may be waived by 2/3 of the members entitled to notice.

ARTICLE IX

Amendments to By-Laws

These By-Laws may be amended only at a National Annual or Special Meeting of the members of the National Paraplegia Foundation and in the same manner as the National By-Laws.

SECTION 7. Quorum. A majority of the Board shall constitute a quorum for the transaction of business.

SECTION 8. Meetings. The Executive Board shall meet at least six (6) times a year.

SECTION 9. Duties.

- (a) General. The Executive Board as the governing body of the Chapter will carry out the mandates and policies of the Chapter subject only to all resolutions passed at any regular or special meeting of the Chapter. The Board has the authority to transact all business for the Chapter and to manage its property and activities.
- (b) Specific. The Executive Board may hold meetings, elect committees, fill vacancies among Officers and the Board, receive and disburse funds, employ agents, pay a chapter delegate actual travel costs to attend National Annual Meeting of members, establish auxiliaries for purposes of fund raising, publicity and education, may establish Advisory Councils, and establish depositories for Chapter funds. The Board must report its activities at each regular Chapter meeting.

ARTICLE VII

Committees

SECTION 1. Standing Committees. The Executive Board will appoint standing committees for activities that continue throughout the entire year.

SECTION 2. Special Committees. The Executive Board will appoint Special committees for activities of short duration.

SECTION 3. Composition. Committee members must be Chapter members in good standing. At least one member of each committee must be a member of the Executive Board.

P R E S I D E N T S G U I D E

A. PRESIDENT

The president is the principal officer of the chapter and as such is responsible for administration, presiding at meetings, and ceremonial functions.

1. ADMINISTRATION

As the chief executive officer, the president is responsible for every administrative detail. This means that he must do it himself or assure that it is done by an appropriate subordinate official, duly elected or appointed.

He must be sure that all necessary tasks are properly assigned and understood; that they are completed on time; that duplication is avoided; that there is a proper balance between cooperation and non-interference; and that everything is properly coordinated. In short, he must be a performer of miracles.

2. PRESIDING

The president must preside at both membership and board meeting. To do so he must understand why parliamentary rule is necessary and useful and he should have some knowledge of it plus a thorough knowledge of his chapter-by-laws.

Parliamentary rule is nothing more than an applied combination of democracy, courtesy, and orderly procedure which should assure:

1. Consideration of one thing at a time;
2. Informed voting;
3. Right of minority to be heard; and
4. Majority rule.

The president must always prepare a meeting agenda and a suggested format follows.

1. Call to order
2. Approval of agenda (with additions or amendments)
3. Reading and approval of minutes
4. Reports of officers
5. Board reports

6. Standing committee reports
7. Special committee reports
8. Unfinished business
9. New business
10. Time and place of next meeting (only necessary in absence of regular meeting schedule)
11. Adjournment

For any president who feels the need for elaborate parliamentary rules, "Roberts Rules of Order, Revised" should be available in most book stores. For most chapter meetings the very few simplified rules here following should suffice.

The president should exercise firm control of the meeting allowing no one to talk except by his recognition. In a given debate no one should be recognized for a second time until everyone else has had a chance to talk. A third time should be by general consent.

A matter can be brought to the floor with a motion and a second. It can then be debated and disposed of with a vote. The "book" suggests that no one should be allowed more than a few remarks without making a motion to eliminate undirected discussion. In practice, this will be difficult to control but the president is obliged to try.

The standard procedure for introduction and disposition of a matter is as follows:

1. Member requests recognition
2. President's recognition of member
3. Member makes a motion
4. Another member seconds motion (If there is no second, the issue is dead)
5. Discussion and debate
6. Vote - simple majority is adequate to pass or defeat the motion.

The following variations can take place:

1. The motion can be tabled by a vote. This would then be automatically added to the agenda for the next meeting or other designated meeting.
2. The motion may be amended by a vote. Votes on amendments must precede vote on main motion.

3. Debate can be stopped by a motion to call the question. This motion is undebatable and must be voted on immediately. It requires a 2/3 majority. If passed, vote on main motion must be taken immediately.

For parliamentary maneuvering more complicated than this, please consult Roberts Rules of Order.

Starting a meeting on time may appear to be impossible, but if you make it a habit to start precisely at the designated time whether or not all your members have arrived, you can establish the fact that you mean business and you will be respected for it. You may even succeed in promoting the prompt arrival of your membership.

One last tip - remember that at meeting time your organization is on public display. Many people will judge your Chapter from what they see at membership meetings and may decide whether or not to join or support your activities. Good planning is important to a meeting not only to assure the orderly conduct of business but to enhance your public image and thus your potential for support.

3. CEREMONIAL

The president is also the ceremonial head of the organization and, as such, may occasionally be called on to give or receive an award, emcee a Banquet, or make a few remarks expressing pleasure, gratitude, sympathy, etc. This will be easier for some presidents because of experience, natural poise, or glibness. If any president anticipates that this might be a problem area it would be wise to write out and memorize whatever remarks would be appropriate. Preparation can compensate for and eliminate a great deal of uneasiness.

4. TIPS

The presidency of a chapter is obviously the single most important office and the position that offers the most challenge combined with opportunity to be an influence for good or evil. The president sets the

pace for his chapter. If he is active and progressive, he will have an active and progressive chapter. If he is petty or contentious, he will have a divided and fighting chapter.

The president must do many things that may seem totally unfair. He must share the credit for good works that may be the result of his efforts and his alone. He must assume responsibility for things that go wrong when he may have been blameless. For always the ultimate responsibility is his.

Once a person has accepted the presidency he has forfeited his right to duck tasks because he is not "suited" for them. By virtue of his office he is the "front man", he is the spokesman for his chapter whether the audience is five or five hundred. He must take the initiative even if his knees are shaking, because when he accepts the position he is saying, in effect, "I will lead this chapter", not "I will lead this chapter if it is personally convenient".

B. VICE PRESIDENT (S)

A lot of jokes are made about vice presidents, usually about their virtual disappearance from the scene upon assuming the office. It has been said that if the president is on the ball, the vice president (s) will have nothing to do.

All of this is complete nonsense. If the president is on the ball his VP's and everyone else, will work like dogs. There is no rigid administrative assignment they must adhere to but it must be assumed that they accepted office to perform some function.

Since it is always possible that VP's may have to suddenly assume the presidency, it is good policy for VP's to know everything that is going on including, especially, future plans. VP's could therefore quite appropriately and usefully serve as assistants to the president being present as much as possible whenever the president is conducting official business. It is also possible when there are several VP's for each to assume direction of one chapter function such as fund raising, membership, or meeting programs.

But whatever system is used a wise president will keep his VP's busy and a good VP will insist on it.

C. RECORDING SECRETARY

The recording secretary has the basic function of maintaining a file of records of basic organizational business such as basic papers, affiliation agreements, incorporation papers, papers affecting tax status, state or local registrations, other legal papers, and minutes of all board and membership meetings.

In connection with the maintenance of a file of legal papers, the recording secretary has the additional responsibility to find out just what is required from the chapter by federal, state, and local governments. The legal right of the chapter to exist and carry on business depends on meeting legal requirements and the obligation lies with the chapter to discover what is required. The various governments have no obligation to seek out chapters for that purpose.

The maintenance of a legal file, while extremely important, will take a very small portion of the recording secretary's time. Most of his energies will be expended on minutes of meetings.

The basic reason for taking minutes should be understood. Minutes are the official record of official actions taken by the board or membership at their meetings. Once minutes have been recorded, signed, and submitted by the recording secretary; corrected and/or accepted by the appropriate body; and affirmed by the president; those minutes are an official document of the organization. Policies decided and recorded are authoritative unless or until they are changed at a later date - then the amendment is authoritative. All actions legally taken and accurately recorded and affirmed are authoritative.

Because minutes carry such weight, some safe guards are in order. Besides the desirability of accuracy in the initial recording, every

opportunity should be allowed for meeting participants to review minutes before they are accepted and affirmed. Thus the traditional "reading of the minutes" serves as a check for accuracy and a reminder of actions taken. An alternative to reading of minutes is distribution of minutes to members prior to meeting time. Actually this is a better method as it provides a better opportunity for checking accuracy and saves time at meetings.

The actual minutes should provide certain essential information as follows:

1. The meeting body (board or members).
2. If Board minutes, names of those present and absent.
3. If members, names are desirable, but if this is not feasible; the number present will do.
4. Date, time, and place.
5. Presiding officer (If regular presiding officer is not present, the reason should be stated.)
6. Name of person taking minutes if regular recording secretary is absent.
7. Copies or summaries of all communications read.
8. Copies or summaries of all reports given.
9. Tentative agenda presented plus additions or amendments.
10. All motions, seconds, votes, with summaries of discussion.
11. Points of order, personal privilege, etc.
12. Time of adjournment.

Some information is not essential such as who called whom a dirty name, what refreshments were served, or descriptions of the ladies hats. In the case of Board Meetings, the departure of a member before adjournment or his late arrival should be recorded if requested by anyone.

Recorded minutes are easier to use if they are written with bold, readily identifiable headings. To illustrate this point a sample set of minutes is attached to this section of the Administrative Guide. Hopefully this sample is fictional but the format is a useful one.

After minutes of a give meeting have been recorded (preferably typed) and approved and/or amended (corrections can be hand written) they

should be put in some kind of a permanent file or binder together with all pertinent papers such as communications, reports, agenda, proxies (if applicable), meeting notice, etc. At each meeting it is a good idea to have minutes on hand from at least the last two or three meetings.

D. CORRESPONDING SECRETARY

The method of handling chapter correspondence should be worked out between the president and the corresponding secretary and it may not always be the same. However, almost always the corresponding secretary will be responsible for the following:

1. Mailing of meeting notices unless handled through the chapter bulletin.
2. Maintenance of mailing lists.
3. Courtesy letters such as birthday cards, sick cards, sympathy letters, thank you notes, etc.
4. Answering routine requests for literature or information.
5. Maintenance of correspondence files.

The filing system should be carefully worked out and put in writing so that it can be passed on to the next corresponding secretary. This will assure continuity and will help each new secretary in learning the job.

In filing a few principles are basic:

1. Keep separate files for frequent correspondents such as the National Office, local agencies contacted regularly, etc.
2. Most other correspondence can be kept in alphabetical files, one for "A", one for "B", etc.
3. Within each file, put the letters, carbon copies, etc. in chronological order with the most recent on top.
4. Depending on what your physical facilities are, you may want or need to remove year old correspondence to a storage area so that your active files don't grow too big. After perhaps two years, you may want or need to throw away all correspondence that can no longer serve a useful purpose or serve as a useful reference. Don't throw away names and addresses of prospects for fund raising or membership.
5. If a particular file is filling up unusually fast, take a good look at it. It might be useful to pull out letters from a frequent correspondent and make a special file for him.

Here are some tips that may be useful in maintaining mailing lists.

1. Since not everyone on your mailing list will always get the same material some system of segregation and identification will be necessary. Categories may be: officers and directors; members; non-member contributors; bulletin advertisers; non-member disabled;

non-member, non-disabled; etc. Identification can be accomplished by physical separation, by using different colored cards, or by using different colored celluloid signals attached to cards. They can be coded "A", "B", "C", etc.

2. Review your lists at least once a year to remove "dead heads."
3. Devise some method of adding new prospects to compensate for normal attrition.
4. Put your distribution pattern down on paper for the benefit of successors. Thus your Newsletter may go to A, B, C, D, & G, while meeting notices will go to A, B, & C.

Perhaps the most important aspect of the corresponding secretary's job is promptness in answering mail and dependability and regularity in sending out meeting notices. It makes the job easier and makes your chapter look good.

(SAMPLE MINUTES)

NATIONAL PARAPLEGIA FOUNDATION

HOT SHOT CHAPTER
123 4th Street
Podunk, New Braska

MINUTES OF MEMBERSHIP MEETING

DATE, TIME, PLACE, AND MEMBERS PRESENT

The Hotshot Chapter of NPF held its regular meeting in the Country Club at First Avenue and Fourth Street, Tuesday, February 30th, 1898. 125 members were present. The meeting was called to order by President Green at 8:00 P.M.

AGENDA

A tentative agenda had been distributed at the door. Mr. Jones suggested that the Fall Brawl be added for discussion. Mr. Smith said the Spring Fling is so far in the future that it could be postponed in view of a heavy agenda. Mr. Brown moved and Miss America seconded.

RESOLVED: That the agenda be accepted as amended. The motion passed by a voice vote.

MINUTES

The minutes of the last meeting were read by the Recording Secretary, Miss Takes. Mr. Crab said that he had voted against the Winter Dinner so that it couldn't have been unanimous. Mr. Anderson moved and Mrs. Anderson seconded.

RESOLVED: That the minutes be accepted as amended.
The motion passed by a voice vote.

TREASURERS REPORT

The Treasurer's Report was read by Mr. Trueblue in the absence of the Treasurer. Mr. Frawd, who had gone to Mexico following the Annual Audit. Mr. Nitpicker asked why it was necessary to spend \$.35 for paper clips. Mr. Trubblue said that his employer had stopped him from taking them home from work and that they had run out. Mr. Black moved and Mrs. Black seconded.

RESOLVED: That the Treasurer's report be accepted. It passed by a roll call vote 122 to 1.

PROTEST MARCH

The proposed march to the county seat to protest architectural barriers was discussed. Mr. Malcontent said the proposed route was so full of architectural barriers that it would be impossible. Other methods of making the protest were discussed. Mr. Offrocker suggested the possibility of taking one paraplegic to the top of the courthouse steps so that he could then fall to the bottom of the steps in a dramatic demonstration. The President called for volunteers. There were none. Mr. Cooper moved and Mrs. Cooper seconded.

RESOLVED: That the architectural barriers protest be referred to the Board for further study. It passed by a voice vote.

ADJOURNMENT

Mr. Homebody moved and Mrs. Homebody seconded.

RESOLVED: That the meeting be adjourned.
It passed by a voice vote.

The meeting adjourned at 9:00 P. M.

(Attach to Minutes: Treasurers Report, meeting notice, and amended agenda).

Respectfully submitted,

Joe Blow, Secretary

approved Joe Green, President

FUNCTIONAL GUIDE - LEGISLATION

I. Because of the way our country is run today, with more and more government activity on the federal, state and local levels, legislation play a key role in our ability to ultimately attain the goals of NPF: The alleviation of--and eventually the elimination of--paraplegia.

Looking at the life of a paraplegic, one can quickly see how many things are influenced by legislation. After a neck or back injury, a rehabilitation period takes place, often in an expensive rehabilitation center. (In the future, paraplegics may receive their rehabilitation through regional centers, which will be set up soon due to recently passed legislation.)

During this period soon after injury, DVR (the Division of Vocational Rehabilitation) may step in to relieve the family of a tremendous financial burden. DVR was set up by Congress as a division under the Department of Health, Education and Welfare to work with the disabled in order to render them employable, and so DVR comes into the picture again as each disabled person decides how to make a living. DVR may pay for schooling, or set an individual up in business.

All of the schooling available will be of no help, however, if architectural barriers prevent a paraplegic from getting a job. This is a vital legislative area in every locality, and a problem which every NPF chapter should be working on. Many states have passed architectural barrier laws which provide for the accessibility of all buildings, but will be happy to pass a "declaration of intention," which states that the council recommends that buildings be accessible whenever feasible. This is a good start for any city.

In addition to architectural barriers, areas which need working on in order to alleviate problems confronted by paraplegics are insurance rates (They are often way out of line - This could be changed), second injury laws, public housing laws, aid to needy disabled, transportation and parking, and so forth.

In regard to the elimination of paraplegia, it is obvious that the more research that is done, the sooner a cure will be found. Laws have been passed by Congress which provide for money for the National Institutes of Health. Researchers may apply to the Institutes for research grants, and grants have been made available for spinal cord research.

II. Now that the usefulness--in fact, necessity--of legislation has been established, the question arises: How can we cause such legislation to be passed? The most important factor here is deciding exactly what should be done in a certain area and then doing it.

The largest failing in the legislative field seems to be the INABILITY TO FOLLOW THROUGH. There are several reasons for this:

- A. The legislative area is new and unfamiliar to many people--thus they cannot always determine everything that needs to be done.
- B. Legislation moves slowly--therefore people often lose interest in a certain project, thinking it will probably never go through anyway.
- C. The passage of legislation requires constant contact with legislators and officials--person-to-person, preferably; otherwise through letter-writing campaigns. It often seems difficult to make contacts or to get people to sit down and write letters.
- D. Legislation is sometimes defeated--then people tend to give up a project.

The point is, these four negative factors can be overcome. The best way is to find one person who is extremely interested in a certain

area. This person will have the positive attitude and the patience necessary to keep a project going and to stimulate the people around him. One member, for instance, will be concerned about employment; another, about architectural barriers, and so forth. Together these people make up a legislative committee who can learn as a group the ins and outs of the legislative field. They will work with each other and share information. They will begin a project and follow it through, anxious to finish that one and get on to their own. They will share their respective failures and successes, and especially, they will offer encouragement when things are going slowly.

III. And now, assume you are a member of your chapter's Legislative Committee. To get positive results, you will:

A. On the local level--

1. Appear at Board meetings, City Council meetings, and any other meetings when something which interests you is being discussed. "One appearance is worth a thousand letters," to paraphrase another quotation. The influence of your appearance must not be underestimated.
2. Be prepared. Have facts and figures. Most statistics you need can be obtained from the NPF Legislative Chairman.
3. Follow up your visit with letters and other appearances, whenever necessary.
4. Consider spearheading the establishment of Intro-City Council composed of representatives of various groups which are involved with an interest in the physically handicapped (these might include cerebral palsy, muscular dystrophy, Indoor Sports, and so forth). This strength in numbers will greatly influence city officials.

B. On the state level--

1. Meet the state representatives from your area if at all possible. A personal appearance means so much and is not difficult to arrange. REMEMBER: Your Congressman represents you and is anxious to hear your views. He will be very willing to meet with you.

2. Keep in touch. Keep your representative informed. Again, furnish facts and figures--something concrete he can "sink his teeth in." REMEMBER: We are lobbyists in the best sense. Legislators depend on us to furnish them with information. How else can they learn what should be done?
3. Ask to be kept informed on the progress of the bills in which you are interested. You can probably arrange to receive a weekly copy of the Legislative Synopsis which Legislators and other interested persons receive.
4. Check to see which other groups are interested in the same bills. Perhaps you can coordinate a letter-writing campaign. At any rate, several groups working together command respect.

C. On the federal level--

1. Work closely with the NPF Legislative Chairman.
2. Arrange to have several people ready to write letters should the NPF Legislative Chairman decide that letters are vital to the success of the bill. Be prepared to give your people the proper title and address of your Congressman (check with the Legislative Chairman if in doubt.)

D. On any level--

1. Avoid sending mimeographed and/or form letter! These have little influence on legislators and officials. This is also true of petitions with signatures. The personally written letter receives the best welcome and makes the best impression. Send one letter on chapter stationery as an official statement, but see that the rest are sent on personal stationery.
2. Give your representatives the respect and courtesy which they deserve. Use proper titles, such as the following:

Local: The Honorable (full name)
Mayor of (City)
(City and state, zip code)

State: The Honorable (full name)
(State) Senate
(capital city, state, zip)

Federal: The Honorable
(full name)
United States
Senate (or House of
Representatives)

Washington, D. C. 20510

The Honorable (full name)
Member of Assembly (or other name of
the legislature)
(capital city, state, zip)

The correct salutation for all of the above is Sir (or Madam).

3. Be as brief as possible (this applies to letters also)! Busy men always appreciate this. Build a firm case as quickly as you can, and you may be invited back again.
4. Always be cooperative and pleasant. Legislators and officials meet many cranks--don't be one of them!

Prepared by

Joanne Schleicher
Rockford Chapter

STANDARD CHAPTER AGREEMENT

BETWEEN

Chapter

and

THE NATIONAL PARAPLEGIA FOUNDATION

The _____ Chapter agrees to:

- 1) Maintain an annual membership of at least 10 members;
- 2) Pay to the Foundation an annual chapter fee of \$50.00 for the first year of existence as a chapter and \$100.00 per year thereafter;
- 3) Pay annual dues to the Foundation at the rate of \$3.00 per individual member;
- 4) Abide by the By-laws of the Foundation;
- 5) Support the Foundation's policies and programs;
- 6) Submit annual reports of programs and financial activities; and
- 7) Surrender all assets to the Foundation if the chapter shall cease to exist.

The Foundation agrees to:

- 1) Furnish a charter as evidence of chapter status in the Foundation;
- 2) Furnish guidance in administration, program development, program implementation, fund raising, and public education;
- 3) Furnish educational materials, visual and audio aids, symbols, stickers, and similar materials at no cost when possible or at 50% of list cost when necessary;
- 4) Provide bonding on all chapter officers in the amount of \$2,500; and
- 5) Provide grants for specific purposes when the Foundation has funds for that purpose.

For _____ Chapter, NPF:

President _____, _____, _____
Type or Print Signature Date

Secretary _____, _____, _____
Type or Print Signature Date

For the Foundation:

President _____, _____, _____
Type or Print Signature Date

Secretary _____, _____, _____
Type or Print Signature Date

ANNUAL REPORT

1974

**NATIONAL
PARAPLEGIA FOUNDATION**



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Vice-President	George A. Conn
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Manager, Honeywell Information Systems, Boston, Massachusetts
Public Affairs Officer, Department of Health, Education and Welfare, Washington, D.C.
Consumer Consultant, Milwaukee, Wisconsin
Director, Advertising and Publication, Medical Equipment Distributors, Chicago, Illinois
Director, Rehabilitation-Education Services, University of Illinois, Champaign, Illinois
Deputy Assistant Secretary, Education and Cultural Affairs, U. S. Department of State, Washington, D. C.
President, Spiegel, Inc., Chicago, Illinois
National Paraplegia Foundation, Chicago, Illinois
Partner, William Blair and Company, Chicago, Illinois
National Paraplegia Foundation, Chicago, Illinois

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Executive Director, United Handicapped Federation, Edina, Minnesota
President, Blitz Body Corporation, Chicago, Illinois
Professor and Chairman, Department of Anatomy, UCLA Medical School, Los Angeles, California
Immediate Past President, Paralyzed Veterans of America, Chicago, Illinois
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Chief Examiner, Rehabilitation, Liberty Mutual Insurance, Boston, Massachusetts
Coordinator, Health Occupation Training Program Conyers, Georgia
Consumer Consultant, Roslyn Heights, New York
Senior Supervisor, Massachusetts Rehabilitation Commission, Danvers, Massachusetts
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Freelance Publicist, Ft. Lauderdale, Florida
Palm Beach, Florida
Vice-President, Trust Company of Georgia, Atlanta, Georgia
Professor of Neurosurgery, Case Western Reserve University, Director of Neurological Surgery, Cleveland Metropolitan General Hospital, Cleveland, Ohio
National Coordinator for Special Education, Baldwin Music Corporation, Parkridge, Illinois

(1) Member Executive Committee; (2) Chairman, Executive Committee; (3) Chairman, Nominating Committee; (4) Chairman, Medical Advisory Committee; (5) Chairman, Scientific Advisory Committee; (6) Chairman, Allied Health Committee; (7) Chairman, Legal Advisory Committee; (8) Chairman, Personnel Committee.

CURE, CARE, COURAGE — have been key words in the programs of the National Paraplegia Foundation for the past few years. Expanded programs and interest in regeneration of the spinal cord injured by federal and state governments and private sources have largely been stimulated by members of our organization. Model Spinal Cord Injury Centers are for the first time demonstrating complete and proper care of the spinal cord injured. Further, expansion of our chapters throughout the United States brings aid and assistance to the families and the spinal cord injured in those communities. Our membership combines the highest level of expertise — former patients themselves and professionals interested in our common problems. In spite of significant growth, we have just begun to meet the needs of the spinal cord injured here and throughout the world.

The potential of the spinal cord injured individual far exceeds the general public's expectations and the expecta-

tions of medical and other health workers. It has been demonstrated that with adequate, correct, and timely medical, rehabilitation, and vocational programs, the spinal cord injured can hold their own in society. In spite of frustrations with medical and rehabilitation treatment, transportation, architecture, housing, and employment, thousands of the spinal cord injured have persisted and have rejoined the world of meaningful life and productivity.

There is much more to do — we must all persist and insist on expanded programs of cure, care, and courage at this critical time in our growth. We need the help of the insurance industry, foundations, private individuals, and government, to develop the necessary programs. Our chapters must be more active leaders and more visible in their own communities. The National Paraplegia Foundation has a unique story to tell, not only a story of cure, care, and courage, but also a unique story of the perseverance of the human spirit.



Don A. Olson, Ph.D.

Over the years, the National Paraplegia Foundation has meant many things to many people. Thousands upon thousands have been aided directly and indirectly, by the programs and services of the Foundation. It is our achievements of the past and our many successful new endeavors that point out our greatest shortcomings along with our greatest accomplishments.

The Foundation has more visibility and viability now than at any time in its history. However, its rapid growth and diverse programs have accelerated faster than its financial resources. This indicates that we are on the right track, but emphasizes the need for well defined

programs to develop and sustain the financial resources essential for the continuing success of all of our endeavors. Our Conventions in recent years have brought together the most accomplished and most dedicated members of the medical, scientific and allied health professions; leaders of government and business; the most achieving and deserving individuals with disabilities; and the finest lay people to be found anywhere. A synthesis of this sort takes time and a great deal of effort but shall ultimately pay great dividends.

The distinguished individuals who have joined with us as members of our Medical, Scientific and Associated Health Pro-

fessions Advisory Committees, our biennial International Neuroscientific Conferences on Regeneration within the Central Nervous System, and our biennial William Thomson Wakeman Award for Outstanding Research Toward an Eventual Cure for Paraplegia have added genuine credence to our continuing programs and have stimulated a great deal of interest, action and new research. There are no purposes or programs more worthy or more meaningful than those of the National Paraplegia Foundation. Everyone shall benefit from its successes. In many ways our goals are far more difficult than many health problems solved in the past. It should be emphasized that even when we find a cure or a means of preventing permanent paralysis following injury to the spinal cord, it cannot be applied until after the individual has been injured. This is uniquely different from many of the other health problems we have solved in the past wherein, once isolating the cause of the illness, we could inoculate against it. This also emphasizes another of our major goals, that of better immediate and long-term care for those suffering from injuries to the spinal cord.

To achieve these we must have greater public awareness, understanding and support. The tasks we have undertaken are not simple, but no matter how difficult, we must continue to work toward the fulfillment of each. If we are persistent, creative and innovative, our own beliefs and enthusiasm shall be contagious. We shall get the job done.

I am very proud and happy to be a part of the National Paraplegia Foundation, serving in many capacities over many years, and I am exceedingly proud of those individuals with whom I have been privileged to work throughout all those years.



"Professor T. J. Nugent, president of NPF for four years, congratulates new president Dr. Don A. Olson after being elected to the presidency during the NPF National Convention held in Washington, D. C."

T. J. Nugent
T. J. Nugent
Immediate Past President

Professor and Director
Rehabilitation Education
University of Illinois

Rita Levi-Montalcini and Stanley Cohen were the winners of the 1974 William Thomson Wakeman Award for Basic Neuro-scientific Research Toward a Cure for Paraplegia. A bronze plaque and an honorarium of \$10,000 was presented to this team of investigators for their collaborative as well as their independent studies leading to the discovery, characterization, and identification of nerve growth factor (NGF), a substance capable of enhancing growth and development of nerve cells and their connections.

Levi-Montalcini is professor of biology in the zoology department at Washington University in St. Louis, Missouri, and director of the laboratory of cell biology at the National Research Center in Rome, Italy. Her embryological studies of mechanisms controlling development led to recognition of extractable factors from non-neuronal tissues that could regulate development of sensory and sympathetic nerve cells. She continues to investigate the effects of purified nerve growth factor on the developing mammalian nervous system.

Cohen is currently professor of biochemistry at Vanderbilt University in Nashville, Tennessee. His biochemical investigations led to the isolation, purification, and characterization of nerve growth factor, which he showed to be a small protein with specific antigenic properties.

The collaborative research of Levi-Montalcini and Cohen was cited by the award panel



Dr. Rita Levi-Montalcini

for its continuing impact on the field of developmental biology in general and for its specific relevance to the problems of nerve tissue regeneration and repair following injury to the brain and spinal cord.

Levi-Montalcini received her medical degree from the University of Turin, Italy, where

she conducted neurological research until 1938, when Mussolini issued the racial manifesto and antisemitic laws. At that time she lost her position in Italy and joined a group of scientists at the Neurological Institute of Brussels, Belgium.

Escaping from Belgium on the verge of the German invasion in 1940, she returned to Italy, where she established a small research unit in her own apartment in Turin. In the summer of 1941, Turin was heavily bombed by the allies, and Levi-Montalcini moved with her family to the country, where she again established a small independent laboratory and continued her research on neurogenesis until the German invasion of Italy in September 1943.

During the German occupation, Levi-Montalcini was forced into hiding in Florence, where she lived underground until the allied liberation of that city in August 1944. Then she began working as a physician with the American Army and, with other doctors, was in charge of a camp for Italian refugees. In 1945 she was able to return to the University of Turin, and in 1947 she accepted an invitation to join the zoology department at Washington University in St. Louis. In 1956 she became an American citizen.

Clues From Tumors in Mice

1952 marked the beginning of her association with Stanley Cohen, who came to St. Louis from the University of Colorado School of Medicine. Levi-Montalcini noted that the nerve cells in the vicinity of a certain type of tumor in mice were massively enlarged, with massive networks of nerve fibers. Cohen was able to extract a chemical factor from the tumors which produced this effect in normal mice. The two investigators proceeded to work toward identifying the specific chemical in the extract that caused the unusual nerve growth.

In 1956, by chance, a far more active factor was discovered. Cohen, analyzing the tumor extract, added snake venom to degrade certain chemicals as part of the process for determining the effective agent by elimination. The venom-treated extract, however, proved to be far more effective than the untreated extract. Subsequent experiments showed that the venom itself had remarkable nerve-growth-stimulating properties. As the snake's venom glands are related to salivary glands in other animals, experiments with these followed, and by 1958 nerve growth factor was found in highly concentrated form in mouse salivary glands.

Since then, the chemical has been purified and analyzed. Nerve growth factor is a valuable research tool and may prove to be the key to new understanding of one of the most complicated and mystifying processes in nature: growth and regeneration of the central nervous system.

Biennial Award Since 1972

The William Thomson Wakeman Award is presented by the National Paraplegia Foundation biennially in even numbered years. The first award was made in 1972. Co-recipients

that year were William F. Windle and Roger W. Sperry, who were cited "... because their research and inspired leadership has been largely responsible for inducing many others to embark on research related to spinal cord injury." Among many accomplishments over the years, Windle proved that regeneration of



Dr. Stanley Cohen

nerve fibers across a spinal cord lesion is possible and Sperry elaborated concepts of chemical selectivity in the establishment of appropriate nerve connections.

The William Thomson Wakeman Award was established by Mrs. Wakeman as a memorial to her late husband, a paraplegic who lived in the hope that he would eventually walk again. He died of heart failure in the course of surgery that he hoped would alleviate his paralysis.

The purpose of the award is to honor the scientist or scientists who, in the judgment of a panel of distinguished peers, has made the most significant contribution in basic neuro-scientific research related to a cure for paraplegia and consistent with the donor's hopes that eventually paraplegics will be liberated from their wheelchairs.

The award may be made either to an individual or to a team of scientists. The \$10,000 honorarium, in the latter case, may be divided among the members of the team. Scientists in all parts of the world are considered for the award, there being no national boundaries in basic scientific research.

The award panel is composed of past recipients, members of the NPF scientific advisory committee, a representative of the NPF medical advisory committee, a member of the NPF board of directors, and other distinguished scientists invited to serve on the panel by the president of NPF and its scientific advisory committee.



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Questions and Answers

What is Paraplegia?

Paraplegia is paralysis of a person from the waist down; quadriplegia is paralysis from the neck down. NPF uses the term paraplegia to indicate either condition.

What Causes It?

How Many Paraplegics Are There?

Damage to the spinal cord from injury or disease. Paraplegia occurs at a rate of 11,000 cases per year. At present approximately 250,000 Americans suffer from this affliction.

Who Are They?

Men, women, and children—however, most new injuries happen to men between the ages of 15 and 30.

Can It Be Cured?

With the knowledge currently available some cures have been effected when the cord damage was minimal and competent treatment began within a very few hours. Proper handling of the victim at the injury site and immediate transportation to a spinal cord injury center are very, very important.

What Can Be Done?

Techniques of good treatment are known but are not adequately available to all victims. Disability can be minimized and the victim taught to make maximum use of his remaining abilities.

Where Can It be Treated?

Unfortunately, very few facilities can provide adequate treatment. Few, if any, can give complete one-stop treatment. Many more spinal cord injury centers are needed.

What Does It Cost?

Annually about \$2 billion a year in the United States. Total lifetime expenses directly related to a spinal cord injury are approximately \$400,000. If the victim is not treated at a good center these costs can increase.

Who Pays These Bills?

Insurance is usually inadequate. The victim and his family—or the community—end up bearing the bulk of these costs, which can easily wipe out the family's resources.

What Can Rehabilitated Paraplegics Do?

Properly trained and placed, as much as anyone else. What they need is a chance and an environment free of architectural and attitudinal barriers.

Who Speaks For Paraplegics?

Only NPF speaks for all American paraplegics and quadriplegics.

What Is NPF?

NPF is a voluntary health agency concerned with the total problem of paraplegia. It is made up of people who are paraplegics and people whose motivation for membership is an interest in the problem. It is composed of a board of directors, a national office and staff, professional advisory committees, chapters around the country, and individual members.

How Is NPF Supported?

Membership dues, sale of literature, a small number of grants for special projects, and—primarily—contributions from organizations and the general public.

What Does NPF Do?

Priority goals and programs are:

- To bring about the best possible medical care and treatment for paraplegia victims throughout the United States.
- To stimulate relevant research, especially basic medical research, toward a cure for paraplegia.
- To help individual victims of paraplegia achieve their own rehabilitation goals and live as normal and productive a life as possible.

How Can You Help?

You can help by doing one or more of the following:

- Send a contribution to the National Paraplegia Foundation.
- If you are an employer, hire a qualified paraplegic to fill your next job opening.
- Join the National Paraplegia Foundation, or its local chapter, and work with NPF toward the achievement of its stated goals.

ALABAMA

Birmingham Chapter (1)
Birmingham

ARKANSAS

Arkansas Chapter (2)
Hot Springs

COLORADO

Mountain States Chapter (3)
Denver

DELAWARE

Delaware Paralyzed Veterans
Assn. (4)
Wilmington

DISTRICT OF COLUMBIA

National Capital Area Chapter
(5)
Washington, D. C.

FLORIDA

Central Florida Chapter (6)
Orlando
Paralyzed Veterans Association
of Florida (7)
Ft. Lauderdale
Pensacola Pen Wheels (8)
Pensacola
Wheelchair Awareness Chapter
(9)
Largo

GEORGIA

Georgia Association of
Paraplegics (10)
Atlanta

HAWAII

Abilities Unlimited (11)
Honolulu

ILLINOIS

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Chicago
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Rockford
Vaughn Chapter, PVA/NPF (14)
Chicago

INDIANA

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(16)
Anderson
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Kokomo
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South Bend
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Fort Wayne

KANSAS

Kansas Paralysis Chapter (22)
Wichita

MASSACHUSETTS

Massachusetts Association of
Paraplegics (23)
Boston

MICHIGAN

Upper Peninsula of Michigan
Wheelers Chapter (24)
Marquette

MINNESOTA

Hiawatha Valley Chapter (25)
Rochester
North Country Chapter (26)
Minneapolis

MISSISSIPPI

Mississippi Chapter (27)
Sardis

MISSOURI

Greater Kansas City Council of
Handicapped Citizens (28)
Kansas City
St. Louis Chapter (29)
St. Louis

MONTANA

Billings Paraplegia Association
(30)
Billings

NEVADA

Nevada Paraplegia Foundation
(31)
Las Vegas

NEW MEXICO

Zia Chapter (32)
Albuquerque

NEW YORK

Eastern PVA/NPF (33)
New York
Empire Paraplegia Chapter (34)
New York
Metropolitan New York Chapter
(35)
New York

NORTH CAROLINA

St. Andrews College Chapter
(36)
Laurinburg

OHIO

Northeast Ohio Chapter (37)
Cleveland
OKI Regional Chapter (38)
Cincinnati

RHODE ISLAND

PARI Chapter (39)
Providence

TEXAS

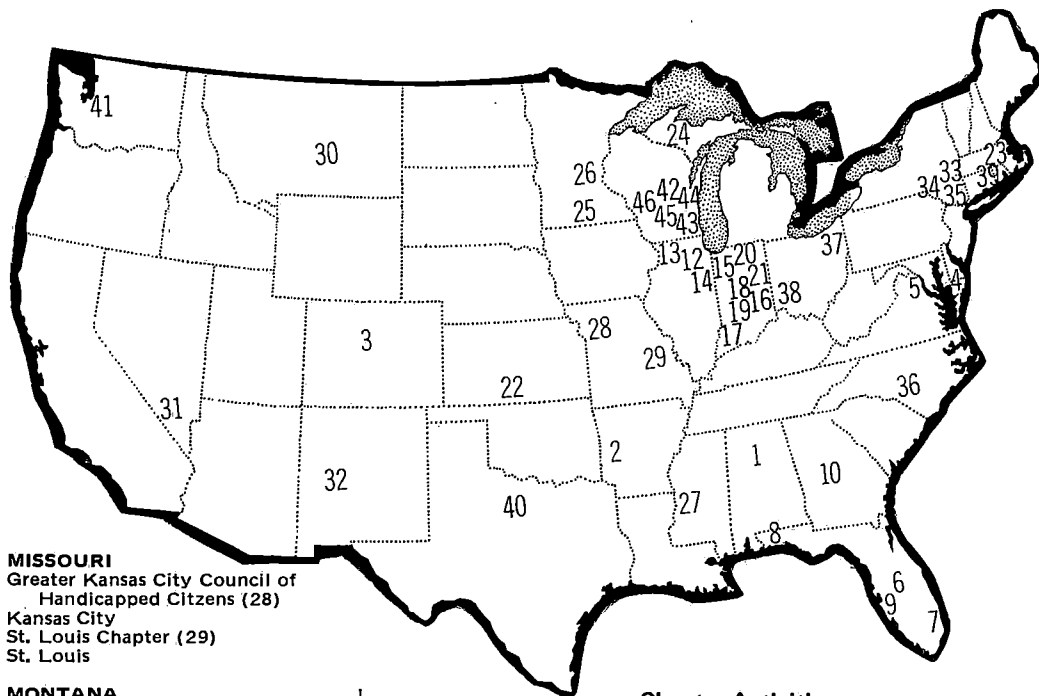
Lone Star Chapter (40)
Fort Worth

WASHINGTON

Greater Puget Sound Chapter
(41)
Seattle

WISCONSIN

Fox Valley Area Chapter (42)
Neenah
Greater Milwaukee Area
Chapter (43)
Milwaukee
Packerland Chapter (44)
Greenbay
South Central Wisconsin
Chapter (45)
Beloit
Southwest Wisconsin Chapter
(46)
Belmont



Chapter Activities

A list of activities and accomplishments of NPF chapters:

- Provision of "consumer" lectures to schools of nursing and other schools of allied health professions.
- Participation in community commissions, task forces, *ad hoc* committees, and other organized programs for the betterment of disabled citizens.
- Support of legislation related to better care for paraplegics and improvement of the environment in which they live—with special emphasis on architectural barriers, parking rights, rehabilitation programs, accessible housing, education, and related programs.
- Contribution and/or repair of wheelchairs and other equipment essential in the daily lives of paraplegics and quadriplegics.
- Advocacy for disabled people in their dealings with public programs related to education, rehabilitation, welfare, etc.
- Public education about all aspects of living for disabled people, with particular emphasis on architectural barriers.
- Provision of information and referral services for persons with spinal cord injuries and their families.
- Person-to-person aid—making available, when needed, paraplegics and quadriplegics with sufficient histories of successful living to be able to competently and personally advise newcomers to the world of spinal cord injury.
- Provision of scholarships to allied health professions students and to disabled students.
- Encouragement of and participation in planning for significant programs such as those related to regional spinal cord injury treatment systems.
- Support of spinal cord injury research—sometimes directly, sometimes through the national office.

Chapters provide an enormous variety of services at the local level and also keep the national office advised about the needs of the people NPF purports to serve. By maintaining direct contact with individual paraplegics and quadriplegics, chapters develop the insight that makes realistic national and local programming possible.



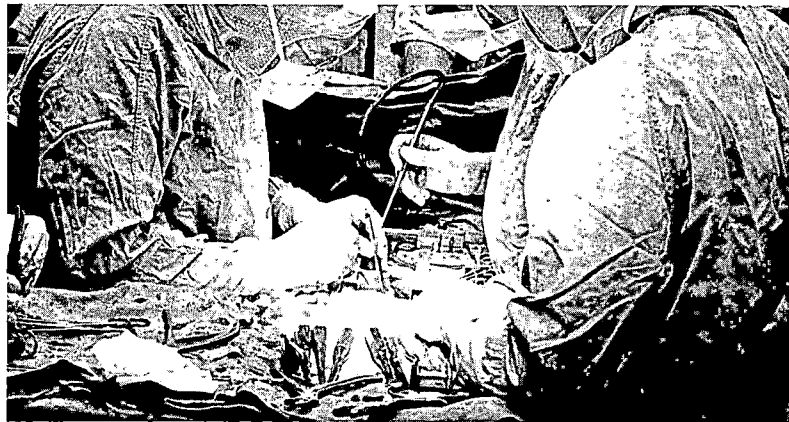
"Jerry Morgan (left) and David Webb (center) accept 1974 NPF Chapter Award for Georgia Association of Paraplegics from David Williamson NPF Executive Director."

HOW TO START A CHAPTER

1. Identify a leader. If you are reading this, you may be it.
2. The leader should learn as much about NPF as possible. The NPF national office will supply additional material upon request.
3. Assemble a list of prospects. Get as many names as possible—paraplegics and quadriplegics, their families and friends, concerned medical people, civic leaders, anyone with general concern for humanity or specific concern for spinal cord injured people.
4. Form an organizational committee. The leader (you) should select a small committee of 5 to 10 people who are both able and dependable. They, in turn, should learn as much as possible about NPF.
5. Select a date and site for an initial information meeting. Avoid conflicts with other scheduled events. The site should be convenient (free of architectural barriers) and tasteful (not a pool room, for example).
6. Publicize the meeting using all available media: metropolitan and neighborhood newspapers, radio, TV, signs, posters, bulletin boards, whatever.
7. Plan the meeting well. Committee members should help draw up the agenda. Someone from the NPF national office should attend the meeting if possible; if not, be prepared to describe NPF, what it has been, is, and can be—with emphasis on local benefits. Be prepared to answer questions and draw up tentative by-laws.
8. Organize a chapter. This can be done at the public information meeting or later. These are the steps involved:
 - Enlist at least 10 members.
 - Pass by-laws.
 - Elect officers.
 - Pass a resolution to join NPF as a chapter and authorize your president and secretary to execute the agreement with NPF.
 - Send the signed agreement to NPF together with a list of members, officers, and a copy of your by-laws.
 - NPF will submit your application and other data to its board of directors for what is usually an automatic acceptance.
 - You will be notified of your acceptance and sent a charter.
9. Plan a regular schedule of meetings for the new chapter's board of directors and also for the membership. Program chapter activities for a workable period.
10. Be sure you are complying with all local laws affecting not-for-profit organizations.



PARENT



RESEARCH SCIENTISTS



REHABILITATION TEAM



NURSE



EDUCATOR/STUDENT

"THE NPI

PEOPLE

- paraplegics/quadruplegics
- medical and allied health personnel
- businessmen
- people who care about people

RE

REHABILITATION

- improved and expanded resources available for paraplegics
- removal and prevention of architectural and additional barriers (housing, transportation, employment)

EDUCATION

- better informed health personnel
- communities aware of paraplegics
- prevention of paraplegia

STORY"

RCH

a cure for paraplegia

prove care and treatment of para-



GIVING UP! OR BUILDING UP!



WHEELCHAIR SPORTS



PHYSICAL THERAPIST



ALLIED HEALTH PROFESSIONAL



GETTING BACK ON YOUR FEET

cting medical and allied

ll accept and accomodate

a



CONCERNED CITIZEN



A Look At The NPF Record

- Obtained financing from the Vocational Rehabilitation Administration and PVA for a successful two-year study of the rehabilitation problems of paras and quads in three states and distributed about 600 copies of a 108-page report to key individuals and organizations throughout the country.
- Obtained financing from the Mary Duke Biddle Foundation to revise and print over 75,000 copies of the *Handbook for Paraplegics and Quadriplegics*, all of which have been distributed by the end of 1974.
- Obtained financing from PVA to write, publish, and distribute 22,000 copies of a handbook on nursing care for paraplegics. In addition there has been a second printing of 5,000; a third printing of 10,000; and a fourth printing, again financed by PVA, of 10,000.
- Created and distributed 25,000 copies of a bibliography titled *Basic Library of Paraplegia Publications*.
- Assisted in the production and distribution of Public Affairs Pamphlet #300, *Paraplegia: A Head, A Heart, and Two Big Wheels*.
- Suggested and, with PVA, assisted in the writing of a new National Institutes of Health pamphlet, *Spinal Cord Injury—Hope Through Research*, and distributed over 25,000 copies to interested persons.
- Substantially financed and obtained exclusive ownership of a 27½-minute black and white sound film, *No Man Walks Alone*, narrated by Frederick March and Eli Wallach. Arranged hundreds of screenings, some on TV, for this film depicting the rehabilitation of a paraplegic.
- Created and distributed uncounted thousands of promotional pieces.
- Arranged and participated in numerous radio and TV shows.
- Stimulated and cooperated in the writing of many newspaper articles.
- Co-sponsored, with and for the National Society for Crippled Children and Adults, a 90-minute institute on paraplegia for their 1974 conference.
- Co-sponsored, with and for NSCCA, a conference on nursing care of paraplegics for their 1966 conference.
- Reprinted, or otherwise acquired, and distributed thousands of pamphlets, technical papers, booklets, etc., from outside sources.
- Helped bring about and participated in the 1966 Paraplegia Workshop conducted by the National Institute of Neurological Diseases and Blindness.
- Cooperated, in varying degrees, with such agencies as the National Committee for Research in Neurological Diseases, National Society for Crippled Children and Adults, National Society for Medical Research, Paralyzed Veterans of America, American Medical Association, American Rehabilitation Foundation, and Christopher Founders.
- Contributed articles to *Paraplegia News* and other magazines, including the *New Physician*, which has a circulation of more than 50,000.
- Answered thousands of inquiries from all over the world—sometimes simply with a piece of literature, sometimes only after extensive research, and sometimes by referrals to our professional advisors.
- Recognized with awards unusual achievements furthering the interests of paraplegics and quadriplegics.
- Testified at many Congressional hearings, with early presentations (1957-58) resulting in a \$350,000 appropriation for paraplegia research after testimony by L. W. Freeman and Morris McGee and later presentations related primarily to creation of spinal cord injury treatment systems and research.
- Obtained two-thirds of the financing (from the federal Social and Rehabilitation Service in 1970 and from the National Institute of Neurological Diseases and Stroke in 1972 and 1974) for three international conferences on regeneration of the spinal cord and distributed published proceedings of all sessions.
- Sponsored an American tour by Sir Ludwig Guttmann, distinguished British expert on spinal injury care, in order to publicize the need for SCI centers in the United States.
- Obtained financing from the federal Social and Rehabilitation Service (through Northwestern University and the Rehabilitation Institute of Chicago) for four conferences on continuing education in treatment of spinal cord injuries, with widening participation and sponsorship and increasing distribution of printed proceedings.
- Assisted a member of the NPF Medical Advisory Committee in obtaining from a large foundation a substantial grant for research on spinal cord regeneration.
- Obtained through an NPF board member a television fund-raising spot narrated by Raymond Burr and asking for donations to NPF to support "proper care and rehabilitation for spinal cord injured people."

The total income of the National Paraplegia Foundation for the year ending June 30, 1974 exceeded \$100,000. The total of \$107,572 represents an increase of 15.4 per cent over the previous year.

The audited statements on the following pages are in conformance with the Standards of Accounting and Financial Reporting for Voluntary Health and Welfare organizations.

During 1974, eighty four per cent of the monies expended by the National Office was for program services. The remaining sixteen per cent was spent for supporting services.

The budget of the National Office is reviewed by the Finance Committee and is subject to final approval by the National Board of Directors. The financial statements in this report reflect the financial status of the National Office for 1974 and have been audited by Prince Waterhouse & Co., independent certified public accountants.

Also included in this report is a com-

bined summary of financial activities for 1973 and 1972.

A new Audit Committee is being established by the Board of Directors to meet with the National Office auditors in order to review their findings and take appropriate action, when indicated. The committee will consist of three members of the Board, all of whom have financial backgrounds.

The National Paraplegia Foundation provides information to the National Better Business Bureau, the Chicago Association of Commerce and Industry, and the National Information Bureau, Inc., a non-profit philanthropic organization, which evaluates and reports on national and international charitable organizations.

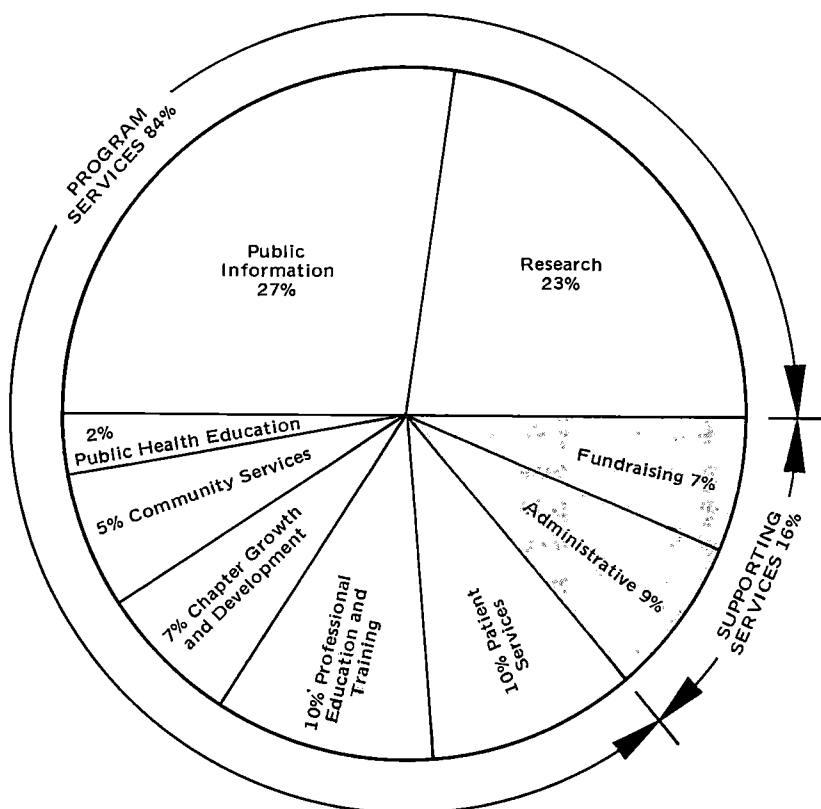
A copy of the financial statements that appear in this report is available from the Executive Director upon request.

Edward M. Hoban
Treasurer



— Edward M. Hoban

HOW THE NATIONAL OFFICE DOLLAR WAS SPENT



ASSETS

Cash, including savings accounts of \$9,826, \$11,953 and \$15,356 in 1974, 1973 and 1972, respectively
Due from Northwestern University
Accounts receivable — sales
Due from chapters
Prepaid expenses
Due from general fund

LIABILITIES AND FUND BALANCES

Accounts payable
Payroll taxes withheld and accrued
Advance from board member
Deferred income
Due to other funds
Total liabilities

Fund balances (deficit), per accompanying statement:—

General Fund:
Appropriated for publications
Unappropriated

Donor restricted funds
Endowment fund

STATEMENTS OF CHANGE

	Ge Appropriated for publications
Balance, beginning of year	\$ 3,286
Excess (deficiency) of current general revenue over expenditures	
Appropriated and restricted revenue	8,938
Expenditures financed by appropriated and restricted revenue	(19,163)
Balance, end of year	\$ (6,939)

IA FOUNDATION

HEETS

73 AND 1972

General fund	Donor restricted funds	Endowment fund	Combined		
			1974	1973	1972
\$ 25,806	\$	\$	\$ 25,806	\$ 15,931	\$ 28,355
				201	3,708
645			645	4,100	1,309
				201	102
1,104			1,104	242	388
	33,272	2,209	35,481	27,690	30,550
\$ 27,555	\$33,272	\$2,209	\$ 63,036	\$ 48,365	\$ 64,412

\$ 5,675	\$	\$	\$ 5,675	\$ 10,090	\$ 28,382
906			906	791	358
5,000			5,000		
500			500		
35,481			35,481	27,690	30,550
47,562			47,562	38,571	59,290

(6,939)			(6,939)	3,286	7,312
13,068)			(13,068)	(21,182)	(22,741)
(20,007)			(20,007)	(17,896)	(15,429)
	33,272		33,272	24,431	17,439
		2,209	2,209	3,259	3,112
20,007	33,272	2,209	15,474	9,794	5,122
\$ 27,555	\$33,272	\$2,209	\$ 63,036	\$ 48,365	\$ 64,412

FUND BALANCES (DEFICIT)

Appropriated	Donor restricted funds	Endowment fund	Combined		
			1974	1973	1972
\$ (21,182)	\$ 24,431	\$ 3,258	\$ 9,793	\$ 5,122	\$ 12,083
8,114			8,114	1,559	1,188
	29,985	151	39,074	24,535	41,113
	(21,144)	(1,200)	(41,507)	(21,422)	(49,262)
\$ (13,068)	\$ 33,272	\$ 2,209	\$ 15,474	\$ 9,794	\$ 5,122

NATIONAL PARAPLEGIA FOUNDATION

SUMMARY OF FINANCIAL ACTIVITIES

	For the year ended June 30,		
	1974	1973	1972
Public support and revenue: —			
Contributions:			
Individuals and organizations	\$ 74,785	\$43,720	\$ 66,762
Chapters	15,039	14,983	6,838
Total public support	89,824	58,703	73,600
Other revenue:			
Dues	7,575	6,392	6,815
Convention		14,280	8,824
Miscellaneous	10,173	11,851	5,821
	17,748	32,523	21,460
Total public support and revenue	107,572	91,226	95,060
Deduct — Support and grants limited by donors:			
Currently expendable, but only as specified by donor	38,923	24,389	40,988
Interest income on endowments	151	146	125
	39,074	24,535	41,113
Support and revenue available to finance current general activities	68,498	66,691	53,947
Expenditures:			
Program services	78,860	67,438	81,417
Fund raising	6,762	7,147	4,045
Field studies and reorganization	6,768	9,584	6,991
Administrative and general	9,501	11,820	9,568
	101,891	95,989	102,021
Deduct — Expenditures financed by appropriated and restricted revenue	41,507	21,422	49,262
Expenditures financed by current general revenue	60,384	74,567	52,759
Excess (deficiency) of current general revenues over expenditures before extraordinary item	8,114	(7,876)	1,188
Extraordinary item — Forgiveness of indebtedness (see Note)		9,435	
Excess of current general revenues over expenditures after extraordinary item	\$ 8,114	\$ 1,559	\$ 1,188

NOTE: In 1970, a consulting firm contracted to provide fund raising services to the Foundation during the fiscal years 1970 and 1971. The obligation incurred by the Foundation for these services aggregated \$9,435 and was forgiven by the consulting firm in the fiscal year ended June 30, 1973.

To the Board of Directors of
National Paraplegia Foundation

We have examined the balance sheets of National Paraplegia Foundation as of June 30, 1974, 1973 and 1972 and the related statements of summary of financial activities and of changes in fund balances (deficit) for the years then ended. Our examinations were made in accordance with generally accepted auditing standards and accordingly included such tests of the accounting records and such other auditing procedures as we considered necessary in the circumstances. It was impracticable for us to extend our examination of dues and contributions received from the general public beyond accounting for amounts so recorded.

In our opinion, the accompanying financial statements present fairly the financial position of the National Paraplegia Foundation at June 30, 1974, 1973 and 1972 and the results of its operations for the years then ended, in conformity with generally accepted accounting principles consistently applied.

Our examinations were made primarily for the purpose of forming our opinion on the financial statements, taken as a whole. We also examined the supplementary information by similar auditing procedures. In our opinion, this supplementary information is stated fairly in all material respects in relation to the financial statements, taken as a whole. Although not essential for a fair presentation of financial position and results of operations, this information is submitted as additional data.

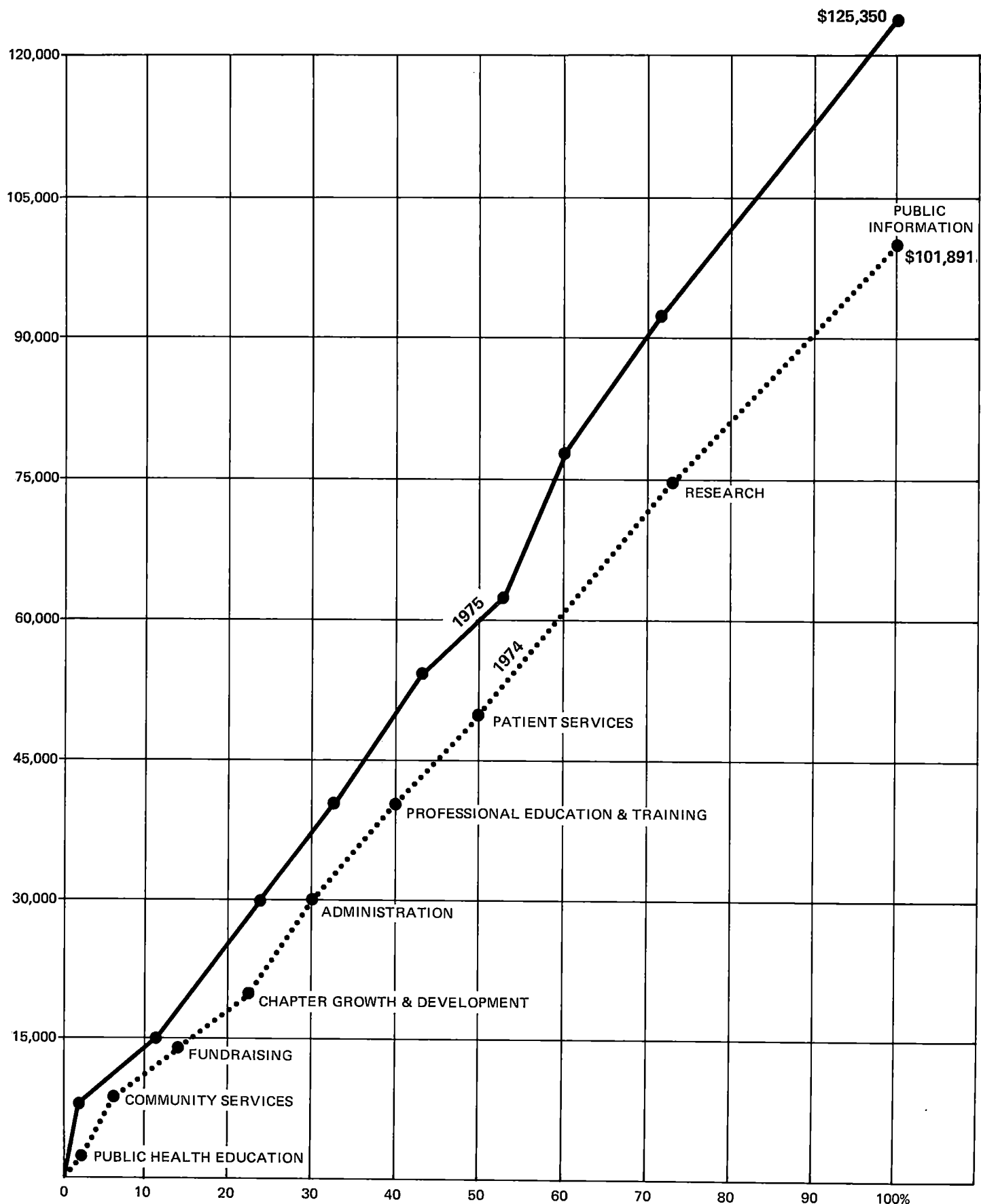
July 25, 1974

Price Waterhouse & Co.



NATIONAL PARAPLEGIA FOUNDATION

On Target For 1975



NPF

DONORS

Donors of \$500 to \$999 prior to January 1, 1975

Advanced United Expressways
Dr. Stanley Cohen
Catherine W. Duffy
Chartered Surgeons of Evanston
Dr. Donald W. Hey
Mr. Thomas S. Kenan, III
Dr. Rita Levi-Montalcini
Kidder, Peabody & Company Inc.
Reactive Metals Employees Welfare Association
Mr. Peter B. Reich
Dean F. Ridenour

Donors \$1,000 to \$9,999 prior to January 1, 1975

Albert C. Bostwick Foundation
Alcoa Foundation
Mr. Carmont Blitz
Everest & Jennings, Inc.
Liberty Mutual Insurance Company Fund
Mr. James E. Smittkamp
Texas Chapter, PVA
Speigel Foundation
Stainless Foundry and Engineering, Inc.
Thilmany Girls Club
United States Steel Foundation

Donors of \$10,000 or more prior to January 1, 1975

NPF Chapters
Paralyzed Veterans of America
Sears Roebuck and Company
Mrs. Nancy D. W. Wakeman

For NPF the coming year will be one of action.

An ongoing national fund-raising program will be developed. Within this frame-work new types of memberships will be made available to corporations, foundations, and civic organizations.

The current budget permits expansion of the professional staff in the national office to provide expertise in development and public relations. Long range plans include additional personnel to enable better membership coordination, a clearing house for research, educational programming, and coordination of advisory committees.

In 1975 the national office will do more for local chapters. Better communications, written program guidelines, and coordination for fundraising activities will be available.

Each chapter will be urged to expand its membership by at least 50% and to strive for a 100% annual membership renewal rate. In addition, each chapter is encouraged to adopt the long term goal of establishing an office or some other type of permanent base from which NPF activities can evolve in the community. At the same time, chapters are encouraged to form state or regional councils in order to solidify and expand NPF's existence and activities.

Aggressive programming is a necessity. Local chapters must intensify their efforts to maintain current membership and attract new members. Chapters will be encouraged to set concrete goals for themselves for the coming year. Special attention should be given to fund-raising,



Paralyzed Veterans of America President, Don Broderick, (right) presents \$10,000 check to NPF Executive Director, David R. Williamson (left) Retiring NPF President Tim Nugent looks on (center).

ing, membership, programs, and communications. Progress in each of these areas is mandatory.

NPF advisory committees will be encouraged to strengthen their functions by improving communication first within each committee and then with the entire organization. Concurrently, advisory committees can expect to receive more assistance from the membership than has been forthcoming in past years. The 1974 convention marked the be-

ginning of major efforts to increase NPF membership, establish a solid financial basis for the national office, and generate more involvement and activity among members of professional committees and the board of directors. During the coming year goals and objectives must be evaluated, defined and communicated. Implementation of plans will be the responsibility of all persons having a sincere interest in spinal cord injury.

Memorial Gifts

The desire to do something useful in memory of the departed is natural and commendable. The National Paraplegia Foundation and its chapters welcome memorial gifts, which are promptly acknowledged by special cards sent to the family of the deceased and the donor.

When making a memorial gift, the donor should forward his own name and address and the name and address of the family or individual to whom acknowledgements should be sent.

Legacies and Bequests

Including the National Paraplegia Foundation as a beneficiary in your will offers the opportunity of making a gift that will benefit mankind in a compassionate and useful manner. A legacy may be granted for the general purposes of the founda-

tion. Bequests may also be designated specifically for medical research to prevent and find a cure for paraplegia.

Persons who wish to name the National Paraplegia Foundation as a beneficiary may use the forms shown below. Your attorney can advise and assist you on how to include the Foundation as a beneficiary in your will.

I give and bequeath to the National Paraplegia Foundation, a not-for-profit corporation organized under the Laws of the State of Illinois and having its principal office at 333 North Michigan Avenue, Chicago, Illinois 60611, the sum of
Dollars (\$):

to be used by said Corporation for the general purposes for which it is incorporated.

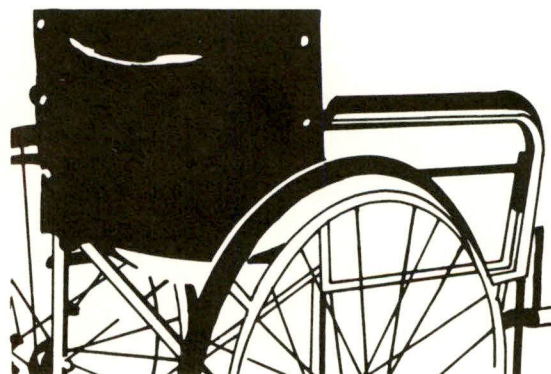
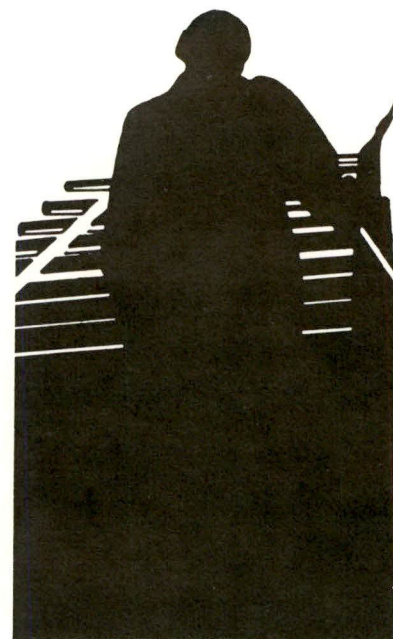
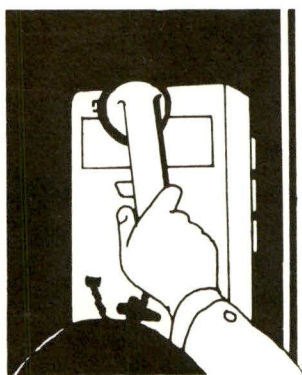
or

to be used by said Corporation solely for research purposes.

NPF

WE LOVE AMERICA, BUT

***WE
CAN'T
ALWAYS
USE
IT!***



NATIONAL PARAPLEGIA FOUNDATION

333 North Michigan Avenue
Chicago, Illinois 60601 (312) 346-4779

The SQUEAKY WHEEL

NATIONAL PARAPLEGIA FOUNDATION

JAN.-FEB., 1975

VOL. 4 NO. 1



COVER STORY
PAGE 18

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Group Vice President and Corporation Counsel, Trust Company of Georgia

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Professor of Neurosurgery, Case Western Reserve University, Director of Neurological Surgery, Cleveland Metropolitan General Hospital

Lou M. Zonka
National Coordinator for Special Education, Baldwin Music Corporation

A WORD FROM THE PRESIDENT

By Dr. Don A. Olson



This issue of the Squeaky Wheel is concerned with "RIGHTS". The physically disabled have been denied Rights on many fronts; the attitudes of the general public have affected our Rights, transportation barriers, housing barriers, and job discrimination are but a few of the problems the physically disabled have had to cope with in securing their Rights. The past few years has seen a tremendous change in all of these areas and this is encouraging to the physically disabled. There is, however, much more to do and only with the physically disabled themselves can more be accomplished.

The physically disabled are all too frequently not a part of the decision making bodies when it comes to important programs affecting them. This has been largely due to apathy and lack of interest in "getting involved" on the part of the physically disabled themselves. A physical disability immediately produces isolation and withdrawal from the main stream of society. The anxiety and feel of lack of acceptance feared by the physically disabled further contributes to this withdrawal.

"RIGHTS" are obtained only with work and involvement. The National Paraplegia Foundation is dedicated to the individual with spinal cord injury. Its programs in Research, education, and Improved Services for the spinal cord injured can only be a reality when all of its members are active members and concerned with the problems and programs of our organization.

The National Paraplegia Foundation is the only single organization which represents the spinal cord injured. It is the primary vehicle to obtain "the Rights" that all physically disabled are working for.

The actual membership in the National Paraplegia Foundation is small compared with the known numbers of existing spinal cord injured. We must expand our membership to include the majority of the spinal cord injured in order that we can be a truly more effective voice for the spinal cord injured. It is imperative that everyone of us actively recruit new members to our organization — there should be no problem for every member to get at least minimum one more person to join and most of us will not have trouble getting five or ten individuals to join the organization. This is one simple way in which we can all become involved in developing our organization to the point that it can do the type of Research and Education programs that we need. We are working towards the eventual goal of a Research endowment of twenty five million dollars. This is a tremendous amount of money, difficult to obtain in difficult national times. However, with the limited monies that have been put into research and spinal cord injured in the past few years, significant hope and results have already been demonstrated. This goal and the other goals of our organization will only be accomplished when all of us realize that our Rights will only be obtained with involvement and hard work on the part of everyone of us.

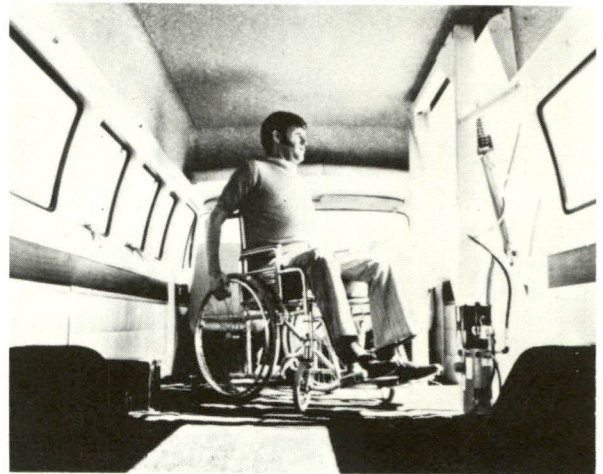
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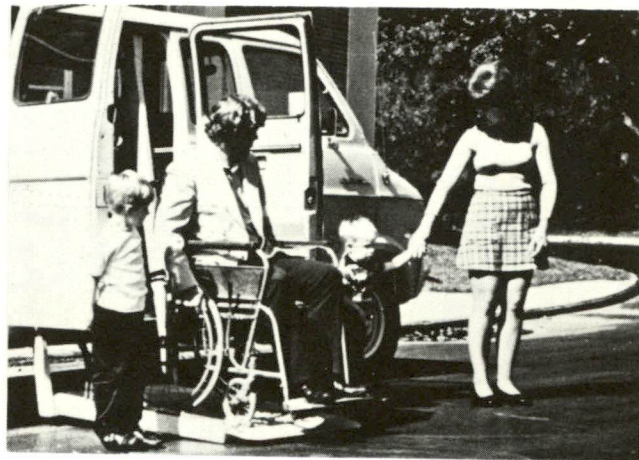


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CIVIL RIGHTS OF THE DISABLED

By Jim Smittkamp

I was once advised to never start an article with an apology. But, in this case, I must for it is the height of presumption to attempt to write about the civil rights of the disabled in one article in one magazine. So this will be an admittedly inadequate effort to understand what civil rights are as they apply to disabled people and to recite a few instances representing the truly enormous number of programs aimed at improving the rights situation. Whether

or not individuals approve of the speed or effectiveness of these programs, they are working.

Just so there is no mistake about the subject, rights are here defined as freedom from any barrier (physical, attitudinal, legal, prejudicial, whatever) that stands between any person and his access to a legitimate pursuit of whatever pleases him without disturbing the same rights of other persons. In this column, we include all rights but will spend most of our lineage on architectural barriers. AB's are the most obvious, the most visible, the most prevalent, and possibly the most important. More material is readily available on this aspect of rights and the principles that apply here are generally applicable in other rights situations.

One last note: there is no way of listing every rights program, every law successfully enacted, or every civil wrong that is righted. If I mention your story and get it wrong, please let me know. If I don't mention your story or leave out details, please don't write. I can't handle that much mail.

Apart from the Fourteenth Amendment exclusions to which Bob Moss refers in his column, supposedly we are all equal under the constitution and our laws. But this supposition depends on equality in taking advantage of those rights. Obviously, physical disabilities (and mental) inhibit one's capacity to pursue happiness as an equal pursuer. The purpose of enacting civil rights legislation for the disabled is to, as nearly as possible, equalize the race for the good things in life. Such laws are no guarantee of happiness nor do they eliminate the responsibilities of citizenship.

Laws aren't the only means of equalizing opportunity. Changes can be effected through administrative directives, voluntary elimination of inhibiting factors, and attitudinal adjustments. But whatever the means, this writer assumes that the need for change is self evident.

It is equally self evident to me that progress is being made in the campaign for what I shall call compensating rights for the disabled. To me the greatest proof is that there is a campaign. It was not too long ago that there was no campaign for equal rights. The disabled population was essentially invisible — hidden away in back rooms, possibly by mutual consent of the disabled and the people who would be uncomfortable in their presence.

I believe, possibly because of my

perspective, that a significant change came about through two factors that were close together in time. One was the medical breakthrough that came with the so-called miracle drugs in the late thirties and early forties. These drugs substantially extended the lives of persons with certain injuries or diseases who were previously faced with an early death. Thus a whole new population was added to the rolls of the disabled. Following closely was another additional population in the persons of W.W. II disabled veterans whose expectations were encouraged by a GI Bill of Rights and the natural exuberance of youth. A "grateful nation" took these vets to public entertainment events and made them visible and, of more lasting importance, got these vets accustomed to being out in public, liking it, and seeing no reason to hide in a backroom. I'm not suggesting that this group lit the only spark but they did light one spark and they were an important addition to a movement that was inevitable if a bit slow.

But results do not necessarily follow the initiation of a movement however worthy the cause. Many of the public places were behind steps, stairs, revolving doors, narrow doors, double doors too close for passage, out of reach to persons in wheelchairs or with other mobility limitations. Just about every higher educational institution was inaccessible. Employment opportunities were inhibited by fear of using unknown quantities, misunderstandings about insurance risks, and just plain fear. Sometimes, available jobs were complicated by a lack of appropriate parking facilities. But enough of this. We knew and know the problem.

Unfortunately, it doesn't necessarily follow that because we know the problem, others know and are both able and willing to help solve it. But whatever their capabilities or attitudes, people can't help anything if they are unaware of it. The educational process must begin first and there is a substantial history of such efforts already on record.

"Awareness" programs have just about become the universal approach to creating a knowledgeable public. The Georgia Association of Paraplegics held an awareness week with such trimmings as a proclamation by the Governor, public service announcements, press releases, and awards. Several Georgia cities officially recognized new curb cut ramps. The North Country Chapter also

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led an awareness week with similar media exposure and a mayor spending two hours in a wheelchair. The Greater Milwaukee Area Chapter scheduled their awareness week to coincide with the national Employ the Handicapped Week and went statewide with other members of the Wisconsin State Council.

The Badgers persuaded the Governor to spend some time in a wheelchair. Other statewide projects are use of the international symbol of accessibility in the yellow pages and support of the State Building Code (with accessibility provisions) by the State Medical Society.

There are, of course, groups other than NPF that have an interest in the elimination of mobility barriers so coalitions of concerned groups are a natural development. Examples are the Committee for an Aware Chicago with 24 organizations which is just beginning to function. They have picked up the Mayor as an Honorary Chairman at a most appropriate time. He is running for reelection. In New York City, the Mayor's Office for the Handicapped teamed up with other groups to conduct an awareness day. Another coalition in Detroit used an obstacle course to demonstrate the problems of wheelchair traveling to nonwheelers. Connecticut also went statewide with what one reporter called "operation jericho" and, hopefully, some barriers have come tumbling down.

Many other awareness days have attacked barriers in such places as Sault Ste. Marie in Michigan, Indianapolis with activities centered at a shopping center, Fort Wayne with radio editorials targeting on accessible voting facilities, and in Clearwater, Florida, led by the appropriately named Wheelchair Awareness Chapter of NPF.

Another effective tool is the special event or project. A special edition of the MAP Newsletter (Massachusetts Association of Paraplegics) was directed to political candidates and covered more than just mobility rights. A group of girl scouts visited Tim Nugent's project at the University of Illinois to see how barriers can be eliminated. The American Mutual Insurance Alliance issued a statement supporting the concept of barrier free design as a means to fewer accidents for all members of society. The Massachusetts Easter Seal Society has issued a booklet titled, "Rights Handbook of Physically Handicapped Children."

Most awareness programs are organi-

zed and involve one or more formal groups. But sometimes individuals are so effective that they seem like a herd of angry elephants bent on destroying every barrier in sight. In New Mexico, Ernie Chavez is one of the main reasons that the ZIA chapters of PVA and NPF have become known as a "powerful wheelchair lobby". In Eastern New Mexico, Ralph Markward made himself well known to an airline when they expected him to have an attendant on one of their flights. On another occasion, he called a city official about a special platform at a local stadium. Work was started in four hours. George Snyder's report in the Florida PVA newsletter would suggest that he must be a full time barrier battler. In New Bedford, Massachusetts, Andy Katz drove his electric wheelchair down the streets and sidewalks — whatever was necessary — to attack city hall successfully. And, in the NYC area, Joe Mandella has been ruffling feathers for years wherever he found an offending barrier.

In a battle as big as the one against all the barriers that inhibit the pursuit of happiness by the disabled, there is room for a variety of techniques. In this regard, the militance of the sixties has not been forgotten, especially by some of our younger advocates. At Michigan State University, 180 disabled students have proclaimed firmly that, "The day of the passive cripple is over". In Connecticut, "well adjusted acceptance" by the disabled has been abandoned as no longer useful. A Milwaukee group blocked a busy downtown street during a rush hour to make their point. Class

action suits are becoming commonplace.

There's no such thing as too much awareness but it would appear to be obvious that this part of the barrier elimination process has been well begun. It is to be hoped that everyone so involved will have the persistence to match their enthusiasm and imagination.

But awareness is just a beginning. It has to result in concrete actions that lead to the actual elimination of barriers. It might be laws and there are plenty of those on the national, state, and local levels. The federal government has long required that pertinent construction, financed in any part by the feds, must be accessible. More recently, any agency or firm contracting with or working for the federal government and meeting certain minimums in number of employees or value of the contract must take "affirmative action" in their employment practices, i.e., they must make some effort to try to find disabled people for available positions. Most states and some local governments have laws affecting construction with their financial assistance.

At least two states have taken the constitutional route. Illinois has a new constitution which prohibits discrimination in housing and employment. Kansas has amended its constitution to include more rights for its disabled citizens. In a nearly related action one state attorney general ruled that "...failure to provide physical access for the physically disabled to municipal, county, and state buildings, places of

— PAGE 6 —



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employment, public accommodations and housing may, under certain circumstances, constitute an illegal and discriminatory practice."

Apart from legal documents that are at least theoretically binding, barriers can be wiped out and rights helped through administrative orders, adoption of policies, and voluntary efforts. In Indianapolis, the mayor issued orders and curb cut ramps began to appear downtown. Shopping centers all over the country have responded in a positive manner to persuasion and, perhaps, more urgent pressures. Theaters, sports

stadia, and other places of amusement have quite often been very cooperative in making their facilities accessible and usable. In short, there are many ways to get rid of barriers and ensure rights.

As one reads in various newsletters of the many laws that have been passed all over the country, one needs to understand local pride. It's only natural for each locality to believe it has the best law, the strongest law, or the law with the most teeth. By now, all of us know that getting a law passed is just the beginning, for it is enforcement that really counts. I don't think it would be unfair to say that a toothy prosecutor is more important than a toothy law.

The country is still filled with barriers and civil wrongs that complicate the life of disabled people. But, considering the fact that we have only been making a fight of it for about 25-30 years, a great deal has been accomplished. A sampling of newsletters reveals that the Central Florida Chapter has promoted 24 new ramps; Indianapolis must have nearly 200 by now; the OKI Chapter reports 90 new ramps in 1974; Greensboro, North Carolina, reports 60 ramps; downtown Denver has been usable by wheelers for years (with some problems for the blind) and appear to be on the verge of a substantial system of usable buses through the newly formed Regional Transportation District; many colleges and universities have followed the lead of the University of Illinois: traveling wheelers find many new rest areas that are now usable; the many motels and hotels that are now usable are an appropriate legacy for the untiring work of the late Monty Montgomery; and the fact of a pretty good fight over FAA regulations is a good sign, whatever the outcome.

Housing may be one of the most severe problems remaining. But even here some progress has been made. "Ghetto" housing for the disabled may not be the best solution but it's much better than no housing at all. Two examples of this are in Seattle and Toledo. Integrated housing has been accomplished in some federally financed housing units where a percentage was assigned to the elderly and physically disabled. "Halfway" houses attempt to bridge the gap between the rehab center and "regular" living quarters. Some good examples of such facilities are: Ohio State University's Creative Living; a new facility at the Texas Institute for Rehabilitation and Research; and an older facility in Connecticut.

Other evidence of progress can be found in the fact of special offices for the handicapped at the federal, state, and local levels. The Massachusetts Rehabilitation Commission has created an "ombudsman" for the disabled. A number of private modified taxi services are useful if expensive. Parks and monuments are becoming accessible. This includes special nature trails and the Lincoln and Jefferson Monuments by 1976. The U.S. Corps of Engineers cooperated in setting up a special fishing pier in South Dakota. Most states have special license plates for their disabled

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veterans and a few are broadening this useful identification to all disabled, licensed drivers. A number of organizations are devoted primarily to the barriers/rights problem. Among them are the American Coalition of Citizen's With Disabilities, Disabled in Action, NAPH, CPH, Indoor Sports, etc. At least one organization (ACLU) with a broad interest in civil rights has occasionally acted in disability cases. A few enlightened architects like Ted Noakes of Washington, DC, have been important to the movement. Things are happening — lots of things.

This article has dealt, in some detail, with the complex problem of anything that interferes with the right of disabled people to get around, work, play, participate, pursue happiness. Details can be boring. The remarkable thing is that I have just barely scratched the surface. But there is a point to be made, however tedious the process may be. It is hoped that this article proves the efficiency of at least trying to beat the barriers and get those rights which one should be able to expect by the simple virtue of being a person.

Stated in the simplest possible way, a campaign against barriers and for rights involves four steps:

1. Find out what current reality is. Ask questions, make surveys, read, research, talk to the people who have the problem.
2. Find out what is needed to correct the situation. Get the technical information you need whether it is building codes or specifications or legal details.
3. Plan a program of action beginning with education and persuasion first and resorting to coercion or militance only if necessary.
4. Know that going in and getting a law on the books is just the beginning. It has to be enforced to be effective. Save some or most of your energy for this part of your program. It's the most important.

Ann Ford Becomes Mother

Administrative Assistant Ann Ford gave birth to a healthy baby girl on January 7, 1975. The new arrival is named Erin Shea. Now all of Ann's many friends have another lovely young lady to love.

TRUE CONFESSIONS

Bob Moss

In the absence of civil rights, there are civil wrongs. Historically, the 13th and 14th amendments to our constitution are the base for our laws in this field. The 13th reads: "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the U.S."

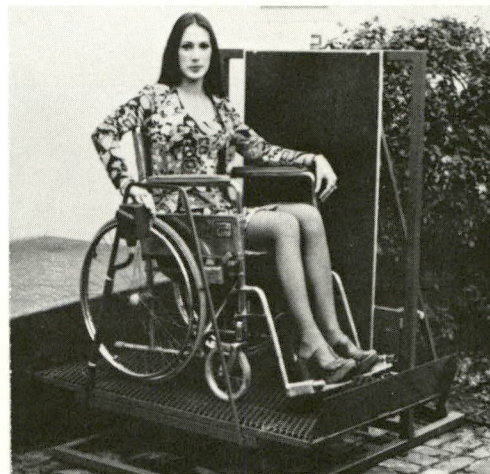
The severely disabled are reasonably law abiding, and besides, it is too difficult for them to make a fast getaway. But a society that is not accepting and accommodating of their needs has subjected them to a form of "slavery and involuntary servitude".

The 14th states in part: "...nor shall any State deprive any person of life, liberty, or property without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws".

We've been deprived.

And though the 14th specifically excludes Indians and women from some of its provisions, through an oversight the severely disabled were not excluded. But we have not been able to take advantage of this loophole.

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Some might consider FDR's Four Freedoms a legitimate extension of these rights. Our society fails the disabled in all four.

1. Freedom from fear — I get scared stiff whenever my wheelchair and I approach a curb. And a flight of stairs, void of a compensating elevator, makes me panic at the thought of the plot that is being hatched against me.
2. Freedom of worship — though not religious, my attempts at sightseeing in monasteries, cathedrals, temples and mosques has taught me that the road to God is one big architectural barrier.
3. Freedom from want — the fantastic cost of illness, the resistance of employers to hire the handicapped, and the woefully inadequate aid programs do not make the disabled free from want.
4. Freedom of speech and expression — most legislative bodies hold hearings in places that we can't get into. How do we get them to hear, let alone listen, to our speech and expression?

It is true some disabled have "made it", but the odds have been stacked against them. In an age when obsolescence is built into a product, and

inefficiency and arrogance are the accepted modes of behavior and business, the disabled are asked to be a shining example of what our society should be. A more productive worker than the person next to him, never miss a day's work, cheerful, and of course work for less because someone is being good to him. Aren't our disabilities enough to overcome, and isn't it asking enough that we be as good as the next person, without demanding that we be better?

We have been hampered by self appointed spokesmen for the disabled, and sometimes by the disabled themselves. The ones who have succeeded have lost their patience and tolerance for those not cast in the same mold as themselves. We are asked to not only meet, but excel the standards set for others. The standards are illusionary. Where do we find these paragons of excellence? In the government? The White House perhaps? The department store sales personnel? The automotive mechanic? The medical profession? The utility companies?

And is work all there is to life? It may be if you are severely disabled and hold a full time job. You can't whiz out of the house a half hour after the alarm goes off. Sometimes it takes two hours

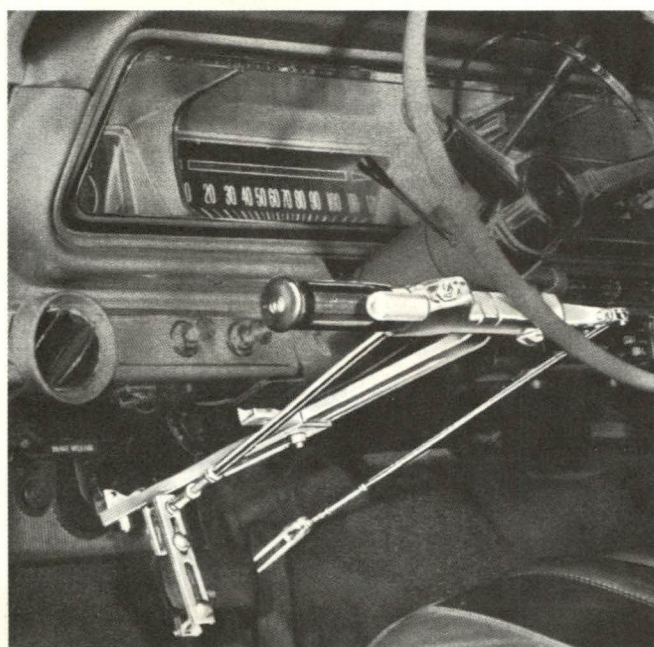
to get ready. And you can't use the "public" (aren't we part of the public) transportation, you have to use a car, complete with the strain of rush hour driving. And you just can't park anywhere, but someplace near and convenient. And by convenient I mean on the side of the street that avoids the curb or curbs that your wheelchair can't go over. I assume you also have permission to park in a "no parking" area, not always a safe assumption. And of course at the entrance to the building that is level and has an elevator large enough to allow a wheelchair to maneuver. And then your work day starts. The handicapped do all this, but they are then fit to do little else.

But some are, and the difficulties begin all over again. The movie houses and theaters with flights of steps. The department store aisles too narrow to allow wheelchair passage. The tantalizing signs that read "Bargains, One Flight UP". The unintended indignities. The elevator operator who invariably asks my wife what floor does "he" want to get off on?

And even from those who should know better, as when I recently brought my mother-in-law to be admitted to a

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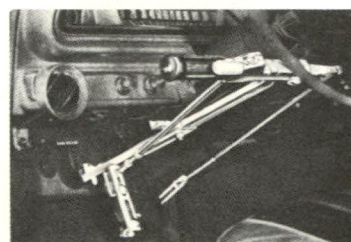
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—TRUE CONFESSIONS—

hospital, and it took some convincing before they believed that I was not the patient.

The disabled knew about inflation long before anyone else. Every pill or gadget for the disabled is outrageously priced. A rubber furniture tip doubles in price when it is called a crutch tip.

While writing this I watched the vice-Presidential induction ceremony on T.V. First the President and then the Vice-President tripped on a step coming into the Senate chamber. Each caught his balance and neither fell flat on his face. But they both came close to giving

a vivid demonstration of the hazards of architectural barriers.

President Roosevelt, who gave us (well, some of us) the Four Freedoms, was elected President four times, and was wheelchair bound. It is a good thing he did not run for the Senate. He never would have made the induction.

The last time I was in a V.A. hospital I was subjected to that common indignity called grand rounds. A team of doctors stand by your bedside, poke you, discuss you and march off without a word, as if you, the person, does not exist, only the condition. And I am sure that some of them turn up on symposiums advocating the team approach to medicine, with the patient an integral part of the team. Yea, team!

"Society must alter its attitudes, its aid programs, its tax laws, its building codes and relinquish its stupidity and arrogance, and then the disabled will not be the victims of civil wrongs and perhaps some day enjoy civil rights. Do not regard us as some small minority group that can be conveniently ignored. Except for those who plan a quick death, everybody is one of us sooner or later."

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**PROPOSED BY-LAW
AMENDMENTS**

(For members only)

At the 1974 Annual Convention in Washington, D.C., the Board of Directors passed a resolution requiring that a proposed By-Law amendment be sub-

mitted to the membership for approval or disapproval. This amendment, if passed, would alter the composition of the Nominating Committee, its time of appointment, and its nominating procedures.

The current section of the By-Laws reads as follows.

1. ARTICLE VII, Committees, Section 2, Nominating Committee. At least ninety (90) days prior to the Annual Meetings the Board of Directors shall elect a Nominating Committee of five (5) individuals of whom two (2), but no more than two, shall be members of the Board. The Nominating Committee will present at the Annual Meetings the names of qualified individual members whom it recommends for election to positions (Board of Directors, Executive Committee, and Officers) that are vacant or will be vacant at the close of the Annual Meetings. The Nominating Committee will nominate at least one person for each position to be filled. However, any member may nominate from the floor. The amended section would read as follows. Nominating Committee. At its Annual Meeting, the Board of Directors shall elect

————— **PAGE 16** —————>

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Calumet Region Chapter
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Gary, Indiana 46402

Central Florida Chapter
3162 Holliday Avenue
Apopka, Florida 32703

Chicago Chapter
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Chicago, Illinois 60610

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Wilmington, Delaware 19805

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Eastern Paralyzed Veterans Association
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Southwest Wisconsin Chapter
Box 178
Belmont, Wisconsin 53510

Upper Peninsula of Michigan Wheelers Chapter
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Hines, Illinois 60141

Wheelchair Awareness Chapter
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Clearwater, Florida 33518

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2608 Monroe, NE
Albuquerque, New Mexico 87110

CHAPTER NEWS

MICHIANA

Petitions are still being circulated for local accessible buses. For fun, the Hoosiers held a gala Christmas party. And for fun and profit, a very successful benefit dance was held.

MOUNTAIN STATES

The mile high members are extending their influence into key state agencies. Morton Solomon has been appointed to the Advisory Council of the Center for the Physically Disadvantaged of the Community College of Denver Area Council. Governor Vanderhoof has appointed Ingo Antonitsch to the Transportation Board of the State Advisory Council on the Handicapped. Also appointed to the Advisory Council are Tedde Scharf and Dick Devoe. National President Don Olson attended a recent meeting. Placemats are being sold for financial support.

CENTRAL FLORIDA

To extend their efforts, the Central Floridians have joined the Florida Council of Handicapped Organizations. Many members will be in attendance when National President Don Olson speaks at the Southern Conference in March. To support chapter activities, a flea market was held.

NATIONAL CAPITAL AREA

In a town where committees proliferate, the DC NPF's use committees to good advantage. Mrs. Janet Fay handles visitation and information; Wes Young directs transportation and sports; Tulla Jupp chairs library and equipment pool; Meg Cauffield edits the newsletter; Jon Wilkin is charged with the elimination of architectural barriers; and Bill Bean arranges programs. And the peripatetic Don Olson will speak to the DC group in January.

KANSAS PARALYSIS

For fun, the Wichita group are involved in a bowling league, and had a Thanksgiving and Christmas Party. For information, the KPC News is serializing an NPF history. And for financial means, members are selling nuts.

GREATER KANSAS CITY

The KC's will be easier to find now that they have a listing in the local yellow pages. This may be a factor in their 127% growth in membership. The local Muscular Dystrophy chapter has given the KC's some financial assistance in reprinting their excellent "ACCESS" booklet. In turn, the KC's have assisted the University of Missouri in KC in a consumer survey. For anyone who gets bored, the latest newsletter lists 99 things anyone can do.

NORTHEAST OHIO

The Buckeyes have become concerned about the possibility of the local phone company charging for directory assistance calls. This practice could be costly to the handicapped who must use such assistance. Educational films have been supplied to Kent State for their students of therapeutic recreation. A newsletter feature is a listing of toll free numbers of pertinent state agencies.



WHEELERS GO TO COURT

(center) Professor, John W. Clokey, Delaware PVA/NPF Architectural Barrier Co-chairman, reports to his organization a group of handicapped citizens in Pennsylvania is suing that state for accessible polling places. Prof. Clokey, A.W.W. II vet and paraplegic, is dean of arts and letters at West Chester State College in Pennsylvania. He said, "The law suit is being conducted with the help of the American Civil Liberties Union." He also reported West Chester State College is just about A/B free and expects it to be completely accessible to the wheelchair bound in a year or two.

Also in photo: (left), John E. Love, a Vietnam quadriplegic vet, and (right) John J. Gleason a W.W. II & Korea vet; both members of Delaware PVA/NPF Board of Directors.

GREATER MILWAUKEE AREA

The bold badgers have sent all other chapters a package containing a very good and complete annual chapter report and a statement of local issues which were presented to Wisconsin candidates. The group is very proud of the Organizational Award just received from the Wisconsin Rehabilitation Association. Following up the recent Task Force recommendations, a letter has been sent to the Governor urging its implementation.

FLORIDA PVA/NPF

The January issue of the Sunshine Spokesman had a novel feature titled, "Everything You Always Wanted to Know About the Ward Psychologist but Were Too Polite to Ask." Briefly, the psychologist tries to reinforce one's strengths and make, where possible, environmental changes to avoid problems.

PENSACOLA PEN WHEELS

In addition to the traditional social affairs such as Thanksgiving and Christmas parties, the Pensacola group has gone cultural. They had one of their meetings at an art gallery which they toured after business was handled.

GEORGIA ASSOCIATION OF PARAPLEGICS

The 1974 Chapter of the Year has created the Sara Kirkland Award to be awarded to any Georgian for outstanding contributions to progress in paraplegic programs. A new sub-chapter has been formed to be called the South Georgia Association of Paraplegics. The president is an old friend, Charlie Van-Diviere.

EASTERN PVA/NPF

The EPVA bulletin continues to be one of the most efficiently informative newsletters around. An especially interesting item tells of the Rogosin House where EPVA members on the hospital ready for discharge or outside in an unsatisfactory situation may find accessible and usable apartments.

NORTHEAST INDIANA

This group of Hoosiers were especially cooperative in getting questionnaires out and executed for the sexual study at Indiana University. For financial support, placemats and nuts were sold. For special achievement in fundraising, awards were presented to Ann and Fred Davis and Mike James.

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VAUGHAN PVA/NPF

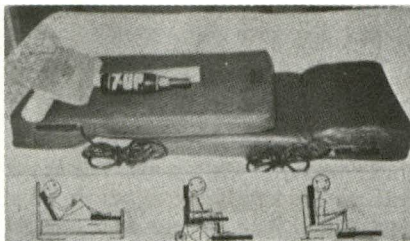
The Vaughan bulletin has a couple of unique features in monthly advice from a dietician and news for readers from the hospital librarian. Vaughan is considering launching an enormous operation in the running of a chain of thrift shops in the Chicago area for fund raising purposes. Vocationally, nine Vaughan members have just finished a tax course given by Tax-Tician.

FOX VALLEY AREA

The latest newsletter lists four priority goals for the immediate future:

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public education, membership, fund raising, and a regular newsletter. One of the means to public education is an active speakers bureau. For fun, the members had a gala Christmas party.

L. W. FREEMAN

The LWF Chapter continues its informational and fund raising activities with a booth at a local hobby and gift show, participation in the Indiana Governor's Conference on the Handicapped, a Christmas party, and sales of "Bruiser" sweat shirts.

ZIA PVA/NPF

The Roadrunner reports a local project called Wheel House, Inc., which will have low cost apartments for handicapped citizens. This newsy bulletin also announced a fascinating workshop on "creative aggression". Apparently the intent is to help you use your anger in a useful manner.

NORTH COUNTRY

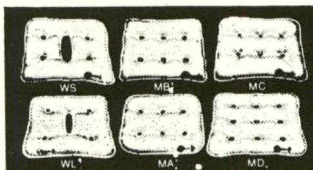
This Minnesota group is a true believer in the principle of participation with other related groups. Accordingly, members attended the Governor's Conference on the Handicapped and were a major part of a group presenting a statement of needs to the President.

OKI REGIONAL

The OKI group have identified their 1975 priorities as increased membership and money for SCI research. In addition, a scholarship fund will be donated to the Good Samaritan Hospital for the use of a needy student nurse. An interesting innovation will be the selection of men of the month and then a man of the year to receive special awards.

Bye-Bye Decubiti

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SOUTH CENTRAL WISCONSIN

The South Central badgers believe in the principle of the carrot and the stick. Accordingly, they have awarded nine E-Z GO IN Awards and three Stumbling Block Awards to local businesses that have made good — or bad — progress in eliminating barriers.

WHEELCHAIR AWARENESS

This brand new chapter has enlisted 64 members in just three months. Two new committees, sports and social, have been added for a total of nine working units. A fishathon will be repeated in the Spring. A very good newsletter has an excellent statement of chapter goals.

NEW YORK METROPOLITAN

The New York Metro newsletter has announced a unique program at the Institute for Rehabilitation Medicine for possible participation of members. These are rap sessions and typical subjects have been sexuality and disability related activities of the Mayor's office.

BY LAWS

from Foundation members a Nominating Committee of six (6) persons of whom two (2), but no more than two, shall be members of the Board. At least 120 days prior to the Annual Meetings, the Nominating Committee shall publish in the Official Foundation Publication a list of all positions and terms of offices to be filled at the Annual Meetings. At least 60 days prior to the Annual Meetings, the Nominating Committee shall publish in the Official Foundation Publication a list of all candidates together with pertinent information. The Nominating Committee will nominate at least one candidate for each position (Board of Directors, Executive Committee and Officers) that will become vacant at the Annual Meetings. However, any member may nominate from the floor.

Please see item #1 in ballot at end of article.

On recommendation of the Executive Director and the Executive Committee, it is suggested that two new categories of membership be created and that one category of membership undergo a name change.

2. ARTICLE III, Membership, Section 4, Members at large, Subsection (a), Qualifications and Admission now reads as follows.

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COVER STORY

On December 9-11, 1974, meetings were held between Dave Williamson, the Executive Director of the National Paraplegia Foundation, and Dr. Andrew S. Adams, Commissioner of Rehabilitation Services Administration in Washington. The discussions included the establishment of close liaison between NPF and RSA and furthering programs for handicapped Americans. They discussed the involvement of NPF in possible research, training and special projects to find better ways of rehabilitating the handicapped. One of the key

items of discussion was the establishment of channels of communications between RSA and Headquarters NPF and the 50 NPF Chapters throughout the country. There was full agreement that in response to the Rehabilitation Act of 1973 and the Rehabilitation Amendments of 1974 that constituents and consumers of Federal-State rehabilitation programs would play a vital role. Mr. Williamson stressed that when handicapped people have full opportunity to express their needs and interests to people responsible for conducting their programs, the programs will be much more meaningful and productive for the

client. The Commissioner of RSA completely agreed with Mr. Williamson's viewpoint and committed that they would work closely with their organizations on fulfilling the concept of full consumer participation at all stages and levels of the rehabilitation program. Another point of accord was raised on the plan for the RSA Commissioner to visit States and meet directly with handicapped individuals receiving rehabilitation services. The NPF Executive Director agreed to coordinate these State meetings with the other consumer organizations. A full plan is expected to be released shortly.

A follow-up meeting has been scheduled between the NPF Executive Director and the RSA Commissioner for January.

LATEST REHAB GAZETTE NOVEMBER - 1974

The REHABILITATION GAZETTE, an annual international journal for the severely disabled, was published this month. The 64-page issue features travel for the wheelchaired, a summary of the Rehabilitation Act of 1973, and Bills of Rights for the disabled, as well as accounts of first-hand experiences with biofeedback and with acupuncture.

The GAZETTE's aim is to reach, to inform, and to dignify the disabled throughout the world. Formerly known as the "Toomen J Gazette," it was started as a newsletter by one of its present editors, Mrs. Joseph S. Laurie, and other volunteers, both disabled and able-bodied. Begun for respiratory polio outpatients of the Toomey Pavilion in Cleveland, Ohio, the GAZETTE's read-

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ership soon included polio patients throughout the United States and around the world. With the advent of Salk and Sabin, polio died, but the GAZETTE lived on. The focus of the GAZETTE broadened, and it now reaches doctors, therapists, counselors, and individuals disabled by arthritis, cerebral palsy, multiple sclerosis, muscular dystrophy, stroke, and spinal cord injury.

As always, the REHABILITATION GAZETTE will be sent on a non-subscription basis. It contains no advertising. Disabled readers are asked to contribute \$2 per copy. The cost to non-disabled readers is \$4 per copy. Make checks payable to REHABILITATION GAZETTE, INC., 4502 Maryland Avenue, St. Louis, Missouri 63108, U.S.A.

LETTERS

750 Amana St. #1703
Honolulu, Hawaii 96814
December 14, 1974

Mr. James Smittkamp, Editor
The Squeaky Wheel
National Paraplegia Foundation
333 North Michigan Ave.
Chicago, Illinois 60601

Dear Jim,

The August/September issue arrived last week, almost three months late as usual, thanks to our fine Postal Service. The magazine is tremendous. Of special interest to me was the article by Louis Nau and James S. Jeffers entitled *Rehabilitation Act Stresses Services to the Most Severely Handicapped*.

I have read the act they describe, and as a state agency Vocational Rehabilitation Counselor, have received instruc-

tions from RSA and SRS personnel in its interpretation. Frankly, I am not as optimistic as the authors about this legislation improving services to paraplegics and quadriplegics and other severely disabled clients because the realities of administering a public social service program will continue to plague vocational rehabilitation programs.

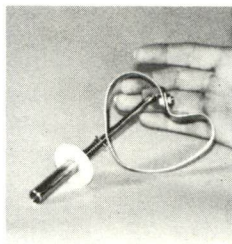
Granted the law is a good one; Congressional intent seems clear; and those in the federal administration seem committed to serving the severely handicapped first. And maybe the realities of government programs will fade away now that Congress has passed this bill.

Hopefully. But I doubt it, and for the same reason the article suggests — the necessity to play the numbers game, which was invented by the administrators to hold rehabilitation counselors accountable for services to disabled clients.

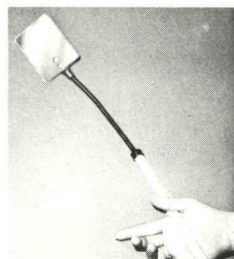
Accountability? Actually two kinds of operational procedure can be blamed. One is the organizational demands for accountability, spending precious resources justifying the sparse services the agency does provide, leaving short rations for the client. So much of the counselors' time is spent on paperwork

PAGE 20

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LETTERS

and a lot of money goes into salaries of supervisory, staff, and administrative personnel to review the countless reports. It is said, of course, that these requirements assure that tax dollars are spent in accordance with the intent of the lawmakers. Now, no one denies the need to watch out for reckless spending by anyone authorized to spend taxpayers' dollars. But wouldn't it be better to spend a lion's share of rehabilitation resources on services to clients instead of on an overpowering administration.

Then there is the accountability

build into the rehabilitation process, and which has not been changed by the new law. Counselors must still certify the clients as feasible, there being a reasonable expectation that rehabilitation services will render the client fit for gainful employment, and many spinal cord injured clients are not seen as employable. In addition, the counselors must also predict the client's future and determine what job the client is feasible for. This is called a job plan.

Many paraplegics and quadriplegics are too bewildered and/or bitter to plan tomorrow, let alone a more distant vocational future, and the tools current-

ly used to help clients decide on a vocational goals are inadequate to the task. Counselors rely on crystal ball gazing or on their own gut level feelings, and many have attitudes unfavorable to the severely handicapped. Consequently many spinal cord injured are denied vocational rehabilitation services for lack of a job plan, or because they came to realize too late that the wrong goals were set. There is constant pressure on counselors to spend their allotment of time, energy, and money on clients who most easily fit the agency model of feasibility and who agree on a job plan without difficulty.

So for these reasons which can be summed up by calling the state Divisions or Vocational Rehabilitation an overly controlled bureaucracy, I am not optimistic. It should also be pointed out there was a prior, unsuccessful attempt to get rehabilitation personnel to provide more services to the severely disabled members of our society, that is the extended evaluation, or status 06, which is a partial way out of the dilemma. This procedure makes it possible for a client to get services for up to 18 months before the determination of feasibility and a job plan is made. During this time, the spinal cord injured can convince their counselors of their ability to perform. This approach has not been used often enough, and while counselors are being encouraged by the federal administrators to use this concept more, the state administrations have not given similar inspiration. And it is the state programs that actually provide the services.

PAGE 22

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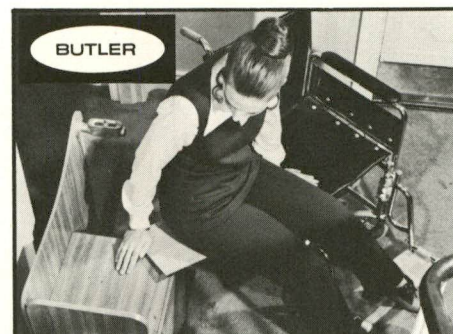
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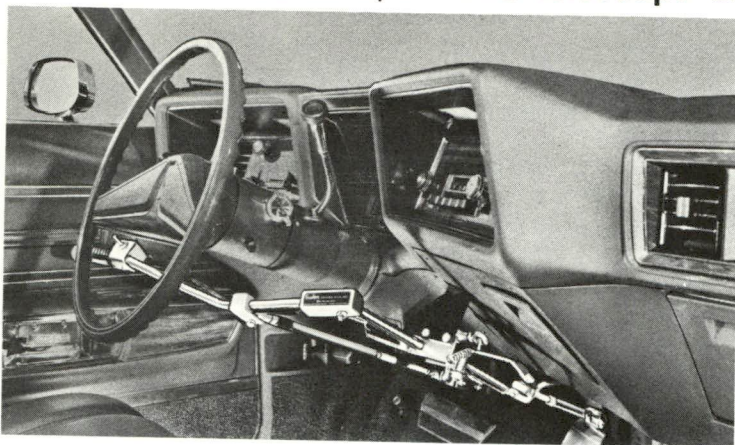
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BY LAWS

Any individual person may be-
come a member at large of the
Foundation by signing and submit-
ting an appropriate application to-
gether with payment of dues as
follows:

Participating Member	\$ 3.00 or more
Sustaining Member	10.00 or more
Century Club Member	100.00 or more
Life Member	500.00 or more

paid within
one fiscal
year

It is proposed that two categories be
added as follows:

Family Membership	\$15.00 or more
Contributing Member	25.00 or more

Please see item 2 in ballot at end of
article.

3. ARTICLE III, Membership, Section
6, Benefactors, now reads as follows:

Any business desiring to support
the policies and programs of the
Foundation may become a Benefac-
tor member by payment of an annual
fee of at least \$50.00. Upon payment
of the annual fee, an appropriate
certificate shall be issued. Benefac-
tors may exercise all the rights of
membership except the right to vote.

The proposed amendment would
read as follows.

Section 6. Business Members

Any business desiring to support
the policies and programs of the
Foundation may become a Business
Member by payment of an annual
fee of at least \$50.00. Upon pay-
ment of the annual fee, an appro-
priate certificate shall be issued.
Business Members may exercise all
of the privileges of membership ex-
cept the right to vote.

4. A proposed addition to the By-laws
would read as follows:

ARTICLE III, Membership, Section
8, Membership Year.



For male urinary incontinence. Soft, lightweight, sheath
connector permits attachment to any drainage bag.
Foam strap prevents backflow. Comfortable, accom-
modates all sizes. Box of 12, \$8 pp. 25 oz. leg bag, \$3 pp.
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With the exception of Life Mem-
bers, all memberships shall be on a
fiscal year basis and shall terminate
on June 30 of each year.

Please see item 4 in ballot at end
of article.

BY-LAW AMENDMENT BALLOT

- Regarding proposed amendment to
ARTICLE VII, Section 2, Noma-
inating Committee:
☐ For the amendment
☐ Against the Amendment
- Regarding ARTICLE III, Section 4,
Subsection (a), Members at large:
☐ For the amendment
☐ Against the amendment
- Regarding ARTICLE III, Section 6
☐ For the amendment
☐ Against the amendment
- Regarding the proposed addition of
ARTICLE III, Section 8, Member-
ship Year:
☐ For the amendment
☐ Against the amendment

Member's name _____

Address _____

Member's signature _____

Deadline for ballots is April 1, 1975

Mail to: National Paraplegia Foundation
333 North Michigan Avenue
Chicago, IL 60601

LETTERS

There is a need for the Divisions of
Vocational Rehabilitation to change
their philosophy and practices. They
need to overhaul the burdensome ad-
ministrative structure and introduce
more modern rehabilitation practices
and eliminating the need for vocational
evaluation and job plan before providing
services. There needs to be emphasis on
work adjustment and on vocational ex-
ploration instead.

However Divisions of Vocational Re-
habilitation, like all inbred agencies will
change slowly and only under pressure
from outside sources. Let it be one of
NPF's goals to provide that leadership.

Best regards for a continued good
magazine.

As ever,
William Fife

Executive Director's Report

By
David R.
Williamson



A new year — 1975 — a promising year for your rights!

As a reader of SQUEAKY WHEEL you are tuned in to what is happening to our nation's handicapped. With this issue, NPF has attempted to inform you of many of the civil rights that handicapped citizens possess. However, information about rights is only part of the job. The remainder is your action, your involvement, and perhaps — the exercising of your civil rights.

The legislative process is a complicated fusion of people working on issues which are to be advantageous to the majority of persons concerned. When these issues have dealt with the handicapped, history tells us that many times legislation affecting the handicapped has gone no further than putting it officially "on the books". Such laws might be termed "token legislation".

Token legislation can be defined as laws which come about as a result of people making legislators aware of the issues, but after becoming law the practical and functional implementation and enforcement of such laws gets lost somewhere in the shuffle. Building codes dealing with architectural barriers at the local state, and federal levels are good examples of token legislation in some areas.

The responsibility of enforcing laws in a practical and functional manner is shared by all. However, it is the handicapped population that must perform the most follow-up on laws which affect them. Traditionally this has not always been the case. As a result the effectiveness of many laws has been lost. Legislation affecting today's handicapped requires a constant vigilance by the handicapped themselves. Without such, we continue the cycles of token legislation.

Your involvement, your voice, your concerns, your issues, must be heard today and a thousand tomorrows!

THE LAST WORD

Editorial by Jim Smittkamp

This issue of SW has been devoted primarily to the rights of people with

special emphasis on the application of those rights to disabled persons. It's a problem that plagues or has plagued almost every minority that has come onto the American scene. Some minorities have survived initial abuse and have eventually blended into society. In some instances, after having become assimilated, the formerly abused have become the abusers of the most recent minority.

Those minorities having the most difficulty blending are those most easily identifiable as any black or oriental can tell you. We, the disabled, share in that special problem. It is a difficult situation but the ultimate goal of full rights is worth almost any price.

Who is responsible for making the effort to ensure rights for all citizens? It isn't you, it isn't they. The answer is in the Constitution which begins, "We the people of the United States. . ."

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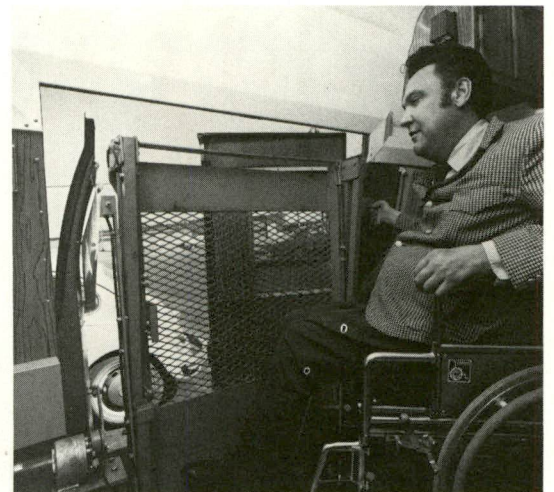
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NATIONAL PARAPLEGIA FOUNDATION

MARCH-APRIL, 1975

VOL. 4 NO. 2



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A WORD FROM THE PRESIDENT

By Dr. Don A. Olson



I had the privilege, this past month, to visit three of our Southern Chapters. The National Paraplegia Foundation Chapter in Orlando, Florida, the Georgia Chapter in Atlanta, and the Birmingham Chapter in Alabama. I was very impressed with the many programs being developed by these groups and the impact they are having on their home communities and states. All of these Chapters are relatively new but they appear to be developing goals and programs which will be meaningful to the Spinal Cord Injured in their area and relevant to these needs of the physical disabled in their home communities.

The national office has been sending out considerable material to our Chapters throughout the country. The most recent material involved a national fund raising campaign which we are developing. This campaign will be held on a yearly basis and can mean a great deal to individual Chapters and the National Office. The campaign will first give recognition of our programs and problems throughout the country. I strongly urge that each Chapter carefully review all of the material sent from the national office and if they can not take part in the total campaign at least participate in portions of the campaign. This is a real opportunity to get an active fund raising program organized within individual Chapters.

The last issue of the Squeaky Wheel discusses the "Rights" of the Handicapped. Our programs in the National Paraplegia Foundation are directed toward prevention of disability, to health services and medical care, to education of the physically disabled, to the expansion of training and vocational pursuits, to the development of work opportunities, to the increase of income for the physically disabled, to improved housing, to barrier free public facilities and above all programs which aid the individual to function independently. The national office in turn is attempting to develop, expand and coordinate a massive research program which will encourage more basic research and eventually locate the cure for paraplegia. All of these things take monies, large sums of monies, each Chapter and each individual should feel that it is his responsibility to participate in any fund raising which will help us reach our goals. Our Chapters must take a much more aggressive approach to fund raising in order to achieve all of our National goals. The central office has provided each Chapter with guidelines which will help them in fund raising — it is now up to the Chapters to take the initiative to participate actively in these programs.

COVER STORY

Our cover features James S. Jeffers, NPF Board Member, who was recently appointed Executive Director of the Architectural and Transportation Barriers Compliance Board. A full story appears on page 4.

LIFT-A-WAY VAN CONVERSIONS

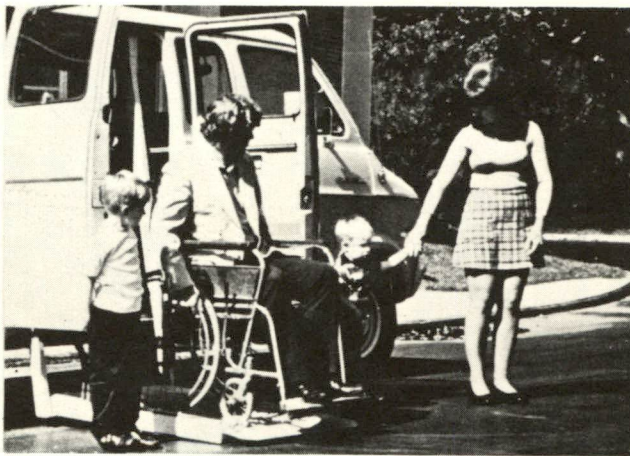
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NPF OFFICIAL GETS KEY APPOINTMENT

HEW Assistant Secretary for Human Development, Stanley B. Thomas, Jr., today announced the appointment of James S. Jeffers, 28, as Executive Director of the Architectural and Transportation Barriers Compliance Board.

"Jim Jeffers' extensive background in working for the handicapped will prove valuable in managing the affairs of the Architectural and Transportation Barriers Compliance Board and in reaching the Board's goal of creating a barrier-free environment," Assistant Secretary Thomas said.

As Executive Director of the Architectural and Transportation Barriers Compliance Board (A&TBCB), Jeffers will be responsible for preparing the Board's annual report to Congress. He will also assist the Board in determining legislative and administrative recommendations to send to Congress; and insuring that the policies and procedures adopted by the Board result in effective compliance by all Federal agencies.

The A&TBCB is composed of representatives from nine Federal agencies — Departments of HEW; Transportation; Housing and Urban Development; Defense; Labor; and Interior; the General Services Administration; Veterans Administration; and U.S. Postal Service. HEW is the lead agency with the Assistant Secretary for Human Development designated as Chairman.

The Board's function is to insure compliance with Federal standards of accessibility as specified under the

Architectural Barriers Act and other Federal regulations, and to investigate and examine alternative approaches to architectural, transportation, and attitudinal barriers which impede the mobility of handicapped individuals.

The Board can act to remove any barriers to handicapped individuals wherever Federal funds are used to support a building or facility.

Jeffers comes to his new post from HEW's Social and Rehabilitation Service where he was Special Assistant to the Administrator. In that position he had primary responsibility for implementation of the Rehabilitation Act of 1973.

Before coming to Washington in 1973, Jeffers served as Director of Research in the Office of the State Comptroller for Illinois and as an assistant to the Governor of Illinois.

Jeffers received his B.A. degree in Public Administration from Southern Illinois University, Carbondale, in 1969. He received the William S. Pollack Award as outstanding legislative staff intern—1970-71; he was named Rehabilitant of the Year by the West Virginia Department of Rehabilitation in 1972; and he received a Distinguished Service Award from the Illinois Congress of the Physically Handicapped in 1974.

Jeffers, a native of Paden City, West Virginia, is married to the former Jackie Stout of New Martinsville, West Virginia. They have one daughter.

Editor's Note: Jim Jeffers is a member of NPF's Board of Directors and Chairman of NPF's Legislative Advisory Committee.

1975 NPF ELECTIONS

James K. Pauley, Chairman of NPF's Nominating Committee, has announced that the following vacancies will be open for election at the annual convention in August:

Office	Incumbent
President	Don A. Olson, Ph. D.
Vice Presidents	Elmer C. Bartels George A. Conn Mrs. Ellen Daly Miss Jan Little Prof. T. J. Nugent Alan A. Reich Edward J. Spiegel
Secretary	Ann Ford
Treasurer	Edward M. Hoban

Each officer is elected to a one year term. The number of Vice-Presidents is optional.

Members of the Board with terms expiring in 1975 are: William L. Arnold, William J. Bean, Ph. D., Barry N. Eigen, Frederick A. Fay, Ph. D., Robert Moss, Prof. Timothy J. Nugent, Thomas C. O'Brien, Don A. Olson, Ph. D., James K. Pauley, John D. Schleicher, James Smittkamp, and Mrs. William Thomson Wakeman.

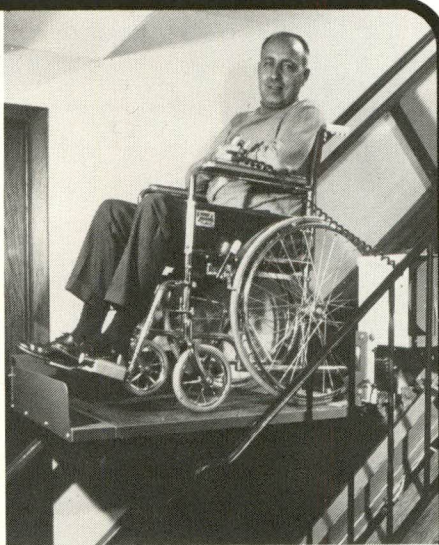
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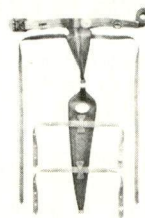
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Presidents must be members of the Board of Directors. Directors with continuing terms (about 2/3) are listed, with the above on page two.

Terms of all members of the Executive Committee will expire this year and replacements will serve one year terms. They are: Don A. Olson, Ph. D. (ex-officio), Carmont Blitz, Dr. Carmine D. Clemente, Mrs. Ellen Daly, Frank DeGeorge, Barry Eigen, Edward M. Hoban, Miss Jan Little, Richard McCauley, James K. Pauley, James Smittkamp, Edward J. Spiegel, and Dr. Robert S. White.

Persons wanting to make suggestions for the consideration of the Nominating Committee may do so by writing directly to Committee Chairman James K. Pauley at 1808 North Moreland, Indianapolis, Indiana 46222. Other members of the Committee are: Roxanne Brody, Ralph Eckert, LeRoy Hill, Morton Solomon, and John Truesdale.

NPF ISSUES ANNUAL REPORT

Chicago, March 10 — The National Paraplegia Foundation today released its annual report for 1974 and announced the 1975 NPF Convention which will be

held in Ft. Worth, Texas August 4-8.

The report highlighted the awarding of the William Thomson Wakeman Award during 1974 to Dr. Rita Levi-Montalcini and Dr. Stapley Cohen for their work in developing a nerve growth factor — a valuable research tool used for growth and regeneration of the central nervous system.

The annual report also noted the increased occurrence of spinal cord injury — approximately 11,000 cases per year. In addition, it was pointed out that the total cost of spinal cord injury is climbing to \$2 billion a year in the United States with lifetime expenses for an individual case now approaching \$400,000.

"Care And Cure — A Call To Action" will be the theme of the 1975 Convention. A week of programs, workshops, seminars, and special events will be presented for professionals, consumers, and persons with concerned interest in Spinal Cord Injury.

The National Paraplegia Foundation is the only national voluntary health agency conducting programs to cure and prevent spinal cord injury. It's chapters are located throughout the nation and District of Columbia.

PROCEEDINGS PUBLISHED OF CONFERENCE ON HOUSING AND THE HANDICAPPED

Recommendations for a national program to provide community-based housing for handicapped persons are presented in the newly-published Proceedings of a conference held September 10-12, 1974 in Houston, Texas.

More than 150 representatives of government and volunteer groups concerned with the needs of persons with physical and mental handicaps participated in the conference, convened by Goodwill Industries of America. The 72-page printed report is being distributed by Health and Education Resources, Inc., 9650 Rockville Pike, Bethesda, Maryland 20014, for \$2 per copy prepaid to cover postage and handling.

Speakers, discussants and participants in the conference examined the problems involved in creating homes for both independent living and for group living with services delivered when needed or provided in-house. Key emphasis at the conference was the new Housing and Community Development Law of 1974, and ways to implement its pro-

— PAGE 6 —

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visions particularly on the local level to provide housing for handicapped persons.

Alternate models in communities across the country were described in detail including group homes, independent living and projects for the handicapped. Discussion groups developed specific recommendations on program planning, architectural and physical planning, community services, and transitory and temporary housing.

The conference delegates proposed that a permanent coalition be established, representative of the major interests

in the field, to focus on the issue of providing a full range of housing allowing for individual choice in order to insure maximum integration into the community. The report lists in full the long-term recommendations of conference delegates which would be undertaken by the new coalition. Such a coalition is currently being formed, with initial task forces established on legislation, zoning and an information clearinghouse.

The recommendations also included sensitizing the entire housing industry to the housing problems of handicapped persons, encouraging the adaptation and use of currently HUD-held and other occupied housing for the handicapped, developing a compliance mechanism to assure enforcement of design codes relating to accessibility and providing technical support services to state and local groups.

The printed report also includes the full texts of speeches by Dr. Andrew S. Adams, Commissioner, Rehabilitation Services Administration, Department of Health, Education and Welfare; Edward H. Noakes, AIA, president, National Center for a Barrier-Free Environment; Mercer L. Jackson, minority staff member, Housing Sub-Committee, House Banking and Currency Committee; Philip Roos, executive director, National Association for Retarded Citizens, and Jayne Shover, executive director, National Easter Seal Society for Crippled Children and Adults.

The conference was supported by a grant from the Division of Developmental Disabilities, Rehabilitation Services Administration, Department of Health, Education, and Welfare.

LOOK OUT WORLD — HERE WE COME!

NATIONAL PARAPLEGIA FOUNDATION — CHICAGO CHAPTER — REGIONAL MEETING

Mc Cormick Inn — April 19, 1975

Professional Program Chairman
DON A. OLSON, Ph.D.
President
National Paraplegia Foundation

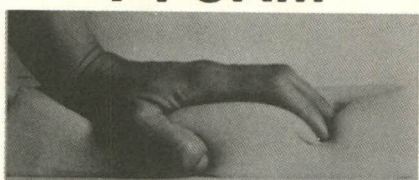
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Rehabilitation Institute of Chicago

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Co-Director
Midwest Spinal Cord Injury Center
Assistant Medical Director
Rehabilitation Institute of Chicago — Northwestern University

BYRON B. HAMILTON, M.D., Ph.D.
Director of Research
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Discussion and audience feedback will be a part of both presentations.

RESEARCH BUDGET CUT

As most of us know, the Federal Government is one of the principal investors in medical research. As all of us surely know, our country is in economic trouble. The Administration is striving mightily for budget cuts and medical research is one of the affected areas.

Of particular interest to those of us concerned with spinal cord injuries is the National Institute of Neurological Diseases and Stroke. Any research

grants for SCI would come from that agency. In FY 1974, NINDS spent 121.3 million dollars. 142.5 million was appropriated for FY 1975 but the figure has been cut administratively to 111.9 million. For FY 1976, the Administration is asking 115 million. Most people estimate the Congress will increase that figure and that could lead to a Presidential veto.

Those are the cold facts (plus a guess as to Congressional action). What readers do about them is a matter of individual initiative.

BOB MOSS ON RADIO

SQUEAKY WHEEL columnist, Bob Moss, starts a new weekly radio series, "The Disabled-Rights and Wrongs," on Wednesday, April 9, on WNYE-FM, 91.5 on the dial in New York.

In conversation with "expert" and "not so expert" guests, Bob expects to cover the full range of problems affecting the severely disabled citizen — architectural barriers, employment, schooling, money, cure, prosthetics, travel, rehabilitation, and attitudes.

Putting in early appearances on the program will be Dr. Howard A. Rusk, Director of the Institute for Rehabilitation Medicine, Jim Peters, Executive

Director of the Eastern Paralyzed Veterans Association, Anna Fay, President of the Metropolitan Chapter of the National Paraplegia Foundation and Jo Chasin, President of Rogosin House.

The series will be on tape and will be made available to other stations requesting copies.

Bob, a founder of both PVA and NPF, is currently on the Boards of NPF and Eastern PVA.



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"Regulars" at Paradise Cove, California, are used to seeing Karen Miller and her husband, Jay, arrive for an ocean fishing trip.



"Even after the accident six years ago, I knew

Six years ago Karen was galley girl on the ocean sport fishing boat, *Gentleman*. There she met Jay Miller. And before too long they were married.

On their honeymoon, they were driving through Mexico to Mazatlan. (The fishing's good there, too.) On February 3, 1969, their Volkswagen camper collided with a cow lying in the highway. Jay suffered head lacerations. Karen wasn't as lucky. For eleven months she lay in a coma.

But Karen was not alone.

Her injuries required extensive neuro-surgery in Mexico.

In a coma, Karen was returned to the United States. The facilities of the Neuro-Surgery Department of the Medical Center at the University of California at Los Angeles, the Malibu Medical Group, and the skills of Doctors Robert Rand, John Heiken, and their associates finally brought her out of the coma after many months.

Still more treatments and therapy followed. Therapists Joe Palumbo and Al Hinds spent many long hours with Karen. "They made me do things I thought were impossible. I hated and loved them at the same time."

And Karen remembers particularly Reverend Walter



Karen's back fishing with the best of them. And the thrill of catching a fish never grows old.



I'd be back on the fishing boat someday."

Gerber, who helped keep her spirits up throughout the years.

These were but a few of the people Karen found who were trained and ready to help her help herself.

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PLEASE HELP OUT!

The 1975 NPF convention journal will include a list of well-wishers who support the purposes of the National Paraplegia Foundation. Individuals, organizations, and institutions of all descriptions are invited to sign up.

We need your contribution. A donation will reserve your copy of the 1975 journal and will help us make the publication worth having. Fill out the form below and send it in with your check.

The journal is a valuable reference. Last year it was 80 pages long. Among

the contents:

- A photo essay on spinal cord injury.
 - A long list of films about spinal cord injury and information about how to borrow or rent them.
 - An article on wheelchair sports, illustrated with photographs.
 - A general explanation of spinal cord injury and what NPF chapters do about it.
 - A history of NPF.
 - A directory of NPF officers, committees, chapters, etc.
 - An article about the NPFer who was Handicapped American of the Year.
 - A primer on federal legislative procedures, including suggestions about how to get bills through Congress.
 - Forty pages of advertisements for everything from a stair-climbing wheelchair to a travel service for handicapped people.
 - Everything you would expect (such as a schedule of convention events) and more (such as a dice game).
- The 1975 convention journal will be much like the 1974 journal. Whether you can make it to the convention or not, you should have a copy of the journal.

Will you help us pay the publication costs?

☐ Yes! I'm a well-wisher.

Please print the following names on the Booster Page of the 1975 convention journal:

\$15 (or more) for each name to be listed.

Attached is my check for \$_____.

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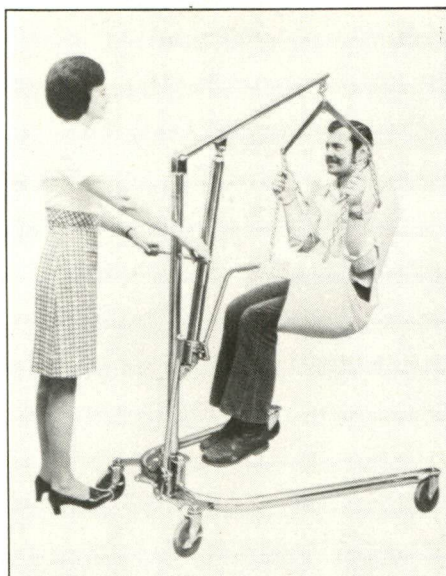
Checks should be payable to "NPF Convention Journal, 901 Arcola Avenue, Wheaton, Maryland 20902.

MORE ON BIO FEEDBACK

August 22, 1974

To The Editor:

We read with great interest the article in the July issue of SQUEAKY WHEEL by Susanne Owen on the subject of biofeedback as applied to muscle re-education in paraplegics. The procedures described by her are similar to those used by our research group in Boulder, Colorado. Encouraging results have been obtained to date from use in a hospital physical therapy department and a six month period of home use by



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an individual paraplegic of fifteen years. These results seem to indicate that the use of muscle response feedback as given by an electromyograph (EMG) is an effective method for muscle retraining.

Our experience indicates that the EMG has two main functions in muscle retraining for those with partial cord lesions. First, it permits the detection of very low levels of muscle activity. Muscle action potentials of a few microvolts can be detected with an adequate EMG, while the actual muscle movement may be too slight to be observed by even a skilled physical therapist. Secondly, once evidence of muscle action is found, the output from the EMG provides an objective measure of muscle performance and can be used as feedback in a training program. The information about what type of movement produces a response in the muscle is crucial, for that movement can be repeated many times to gain strength.

Our observations have led us to postulate that the retraining begins with impulses transmitted by the remaining postural or voluntary proprioceptive pathways. Obviously then, if the cord is known to be completely severed, such retraining will not be effective. How-

ever, unless the surgeon is absolutely sure of the severance, such retraining seems worth trying. After the period of spinal cord shock, the brain does not seem to recognize the minimal signals from the remaining pathways in the quad or paraplegic; these signals are below the level of conscious awareness. Retraining most likely only brings those remaining innervated motor units up to a higher functioning level. The value of using the EMG is to see if minimal residual motor unit functioning remains and can be retrained. In the beginning the muscle may be quite flaccid from a long period of disuse. The EMG provides the means to recognize the low level proprioceptive signals from the muscles and to the guide motor unit retraining.

This approach to muscle retraining is not new having been suggested in 1960 by Marinacci and Harande (Bult. L.A. Neurological Soc., v. 25, n. 2, June 1960). Until recently, however, most EMG's were quite expensive and were designed for diagnostic use by physicians. In the past few years a number of reasonably inexpensive EMG's have been developed for biofeedback use in relaxation therapy. These EMG's use surface electrodes and present their out-

put as either deflection of a meter or as an audio signal rather than the cathode-ray-tube output used on the diagnostic machines. We have been using an instrument manufactured by Biofeedback Systems, Inc. of Boulder, Colorado. However, EMG devices produced by other manufacturers would be equally satisfactory. The sensitivity range of the machine is important, as response levels of the magnitude of two microvolts have been shown to indicate potentially retrainable muscles.

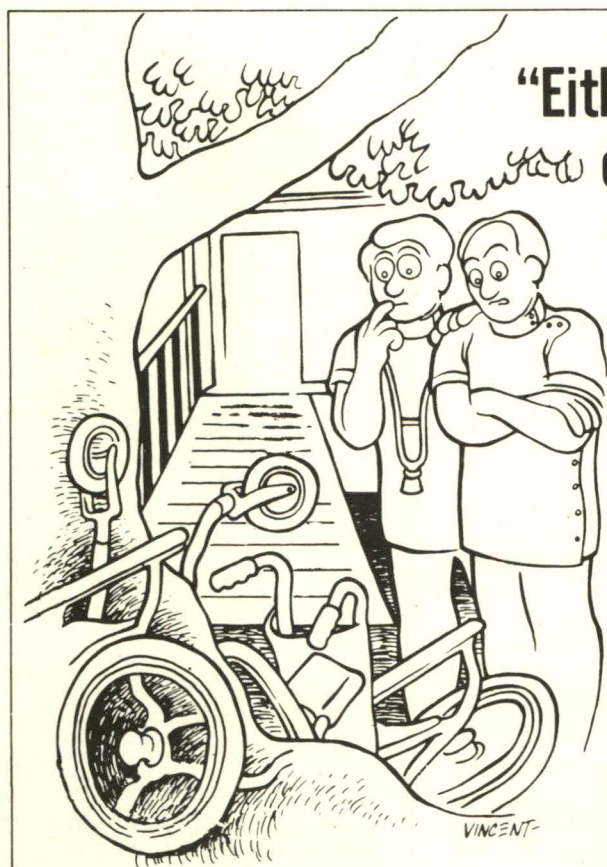
Our work indicates that where some residual motor units exist the biofeedback approach may be of value as a training method. We are observing probable return of some proprioceptive feeling along with motor control. However, some question exists as to how much of this proprioceptive awareness was present but unobserved before retraining or how much has actually returned along with the muscle movement. The above comments are preliminary as this research is continuing. We plan to formally present our results in a paper to be written shortly.

R.H. Atkinson, Ph.D.

Dale Groenwald, P.T.

Robert Scaer, M.D.

Carol Schneider, Ph.D.

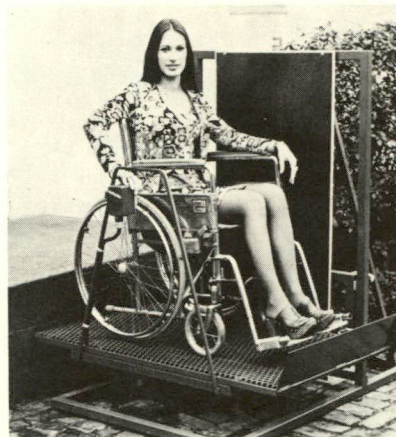


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SHOPPING TRIP

By Jan Little

"I get as little respect as possible . . ."

That title sounds like a take-off on a Rodney Dangerfield skit. It's actually a take-off on the favorite comment of one of my co-workers who keeps saying, "If anyone ever comes in wanting to see someone with a little authority, send

them to me . . . I've got as little as anyone I've ever met."

Wasn't it Rich Verra who wrote for these pages that the disabled population needs a wheelchair bound Geraldine? Geraldine I ain't, but would you believe being in a wheelchair can (and does) have more moments that are funny than those that are tragic. (I never could understand why my ancient female relatives have always referred to me as the family's great tragedy. Sometime, I'm going to ask if they're referring to my disability or my life-style.)

For example: The Shopping Trip

On a recent bright, invigorating Saturday morning, I decided that, after all, I had a rare day off, I'd journey to the nearest shopping center and catch up on all the little things (like underwear) that I'd been neglecting to shop for. To understand my frame of mind, let me explain that my job features wall-to-wall people. There are times, like the morning in point, that it's nice to be alone.

"You're not going out alone?", asked the first person I encountered, an elderly resident of my apartment building who has a thing about me falling out of my wheelchair if left alone for longer than ten minutes.

"I was hoping to.", I replied as I darted into the elevator and caused the door to slam shut on her next remark.

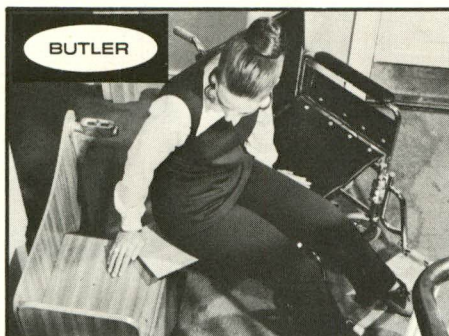
All went well up to and through the time I pulled into the shopping center parking lot and searched out a spot that no one in their right minds would want to park next to. Ever try waiting for someone to return to their car so you can get your wheelchair near enough to your car door to get in — when it's 103 degrees in the shade . . . and your car is not in the shade. It's an unforgettable lesson in "learning to find a parking space in a shopping center lot that cannot possibly result in your car door being blocked."

The spot I'd found qualified for all of the above because it was at the very edge of the lot, in a drainage area, hidden by a hedge. So, I flip my chair out of the car. The chair, being in peak condition, hit the pavement, unfolded and kept going . . . into the hedge, down the drainage slope. Being over where no one else wants to park means you're also where no one else wants to go. In this situation, you move the car nearer the chair, lie on your stomach on the front seat, and, with your extra-long handled ice-scraper (forget it you Californians, I can't explain to you what

an ice-scraper is), you catch the front upright of the wheelchair, pull it within reaching distance, and get in as though this is the way you always go shopping.

And, into the store. Well, you lose your grace because you have to struggle up a curb and the door is a little heavy so you look like you're struggling . . . BUT YOU HAVE THE SITUATION UNDER CONTROL.

PAGE 20



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Washington (15)	\$158.73 + \$5.00 (reg. \$208.73)	\$25.00	\$138.73
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Boston (15)	\$214.73 + \$5.00 (reg. \$262.73)	\$25.00	\$194.73
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This is Easy Rider.™



The most comfortable wheelchair ever built.

We borrowed airline-type styling to give Easy Rider unparalleled comfort.

We find this comfort in the luxurious full innerspring and foam upholstery on seat, back and arms. You find it in the high back with contoured head and lumbar support. In the extendable foot rest

(that adjusts to fit patients of any height). In the 18-inch high seat (that makes Easy Rider great for both home and office).

In short, you find comfort wherever you look on Easy Rider. In the back, which adjusts from upright to semi-reclining. Even in

the arms (that swing up for entry from either side).

Easy Rider comes in a gold color, with a full selection of optional equipment. Ask your EDCO representative about it, or contact us:

EDCO, INC., P.O. Box 328 • 125 So. St., Passaic, N.J. 07055. 201-472-3173.



*Elevated leg rest and tray table are optional equipment Patents Pending ©1974 EDCO, Inc.

Easy Rider^{T.M.}

The Edco Wheelchair

Most people confined to wheelchairs spend their entire day in a chair built for travel, not comfort. These portable chairs are constructed with uncomfortable sling seats which allow for folding, but which may cause problems for the patient, who often has poor circulation in the lower extremities. The pressure of the sling seat on the patient's lower body can cause painful, slowhealing, decubitus ulcers.

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The complete needs of the wheelchair patient can be met satisfactorily only with two chairs. The first, a lightweight, portable folding chair built for easy transport. The second, a sturdy, comfortable chair built for all day living, THE EASY RIDER^{T.M.}

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- * Luxurious Full Innerspring Seat With Foam Upholstered Back And Armrests.
- * High Back With Contoured Head Support.
- * Removable Seat For Easy Cleaning.
- * Back Adjusts From Upright To Semi-reclining. Choose Any Position With The Touch Of A Lever.
- * Wheelchair Arms Which Swing Up To Allow Easy Lateral Transfer From Either Side.
- * Footrest Extends Forward To Allow For Extreme Variations In Occupant Size.
- * Height Of Seat (18") Matches Standard Furniture, Allowing EASY RIDER To Be Used At A Desk Or Dining Table. 27" Width For Easy Passage Through Doorways.
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- * Self-propelled Type 24" Laced Spoked Wheels With Hand Rings.
- * Luxurious Gold Upholstery.

		Institutional and Consumer List
Model 11000	EASY RIDER WHEELCHAIR	\$285.00
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 Hot Springs, Arkansas 71901

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 1123 Parkhill Drive
 Billings, Montana 59102

Birmingham Chapter
 110 Sunapee Drive
 Birmingham, Alabama 32509

Calumet Region Chapter
 P.O. Box 6183
 Gary, Indiana 46402

Central Florida Chapter
 3162 Holliday Avenue
 Apopka, Florida 32703

Chicago Chapter
 950 North Hudson Avenue
 Chicago, Illinois 60610

Delaware Paralyzed Veterans Association
 VA Regional Office, Room 13
 1601 Kirkwood Highway
 Wilmington, Delaware 19805

East Central Anderson Area Chapter
 4313 Main Street
 Anderson, Indiana 46012

Eastern Paralyzed Veterans Association
 432 Park Avenue South
 New York, New York 10016

Empire Paraplegia Chapter
 1619 Lincoln Place
 Brooklyn, New York 11233

Evansville Chapter
 1032 East Powell Avenue
 Evansville, Indiana 47714

Fox Valley Area Chapter
 P.O. Box 797
 Neenah, Wisconsin 54956

L. W. Freeman Chapter
 1808 North Moreland Avenue
 Indianapolis, Indiana 46222

Georgia Association of Paraplegics
 P.O. Box 467
 Covington, Georgia 30209

Greater Kansas City Council of Handicapped Citizens
 3011 Baltimore Avenue
 Kansas City, Missouri 64118

Greater Milwaukee Area Chapter
 3575 North Oakland Avenue
 Milwaukee, Wisconsin 53211

Grelyn-Zoll Chapter
 1120 West Mulberry
 Kokomo, Indiana 46901

Hiawatha Valley Chapter
 c/o Recreation Department
 St. Mary's Hospital
 1216 SW 2nd Street
 Rochester, Minnesota 55901

Kansas Paralysis Chapter
 2023 Crest
 Wichita, Kansas 67207

Lone Star Chapter
 4620 Norvell Drive
 Fort Worth, Texas 76117

Massachusetts Association of Paraplegics
 P.O. Box 48
 Bedford, Massachusetts 01730

Metropolitan New York Chapter
 c/o Institute of Rehabilitation Medicine
 400 East 34th Street
 New York, New York 10016

Michiana Chapter
 P.O. Box 845
 South Bend, Indiana 46624

Mississippi Chapter
 1350 East Woodrow Wilson Drive
 Jackson, Mississippi 39216

Mountain States Chapter
 P.O. Box 19005
 Denver, Colorado 80219

National Capital Area Chapter
 5522 Greystone Street
 Washington, D.C. 20015

National Paraplegia Foundation of St. Louis
 P.O. Box 2962
 University City, Missouri 63130

Nevada Paraplegia Foundation
 1267 Douglas Drive
 Las Vegas, Nevada 89102

North Country Chapter
 6002 Excelsior Boulevard
 Minneapolis, Minnesota 55416

Northeastern Indiana Chapter
 1900 Randalia
 Fort Wayne, Indiana 46805

Northeast Ohio Chapter
 23381 Aurora Road, #87
 Bedford Heights, Ohio 44146

Ohio-Kentucky-Indiana Regional Chapter
 1515 Devils Backbone Drive
 Cincinnati, Ohio 45238

Packerland Chapter
 2442 Oakwood Drive
 Green Bay, Wisconsin 54303

Paraplegia Association of Rhode Island
 P.O. Box 6906
 Providence, Rhode Island 02940

Paralyzed Veterans Association of Florida
 5809 NE 21 Avenue
 Fort Lauderdale, Florida 33308

Pensacola Pen Wheels, Inc.
 6051 Walton Street
 Pensacola, Florida 32503

Rockford Chapter
 104 North Second Street
 Rockford, Illinois 61104

St. Andrews College Chapter
 St. Andrews Presbyterian College
 Laurinburg, North Carolina 28352

South Central Wisconsin Chapter
 P.O. Box 465
 Beloit, Wisconsin 53511

Southwest Wisconsin Chapter
 Box 178
 Belmont, Wisconsin 53510

Upper Peninsula of Michigan Wheelers Chapter
 328 East Michigan Street
 Marquette, Michigan 49855

Vaughan Chapter, PVA/NPF
 P.O. Box 1337
 Hines, Illinois 60141

Wheelchair Awareness Chapter
 P.O. Box 6171
 Clearwater, Florida 33518

Zia Chapter
 2608 Monroe, NE
 Albuquerque, New Mexico 87110

CHAPTER NEWS

CENTRAL FLORIDA

The Central Florida Chapter hosted a two day Southeast Regional Meeting in March featuring National President Don Olson and National Executive Director Dave Williamson. Many subjects were covered including architectural barriers, fund raising, legislation, and medical treatment. An IBM Typewriter has been donated to the chapter. A certificate of appreciation has been presented to Past President Allen Horton.

DELAWARE PVA/NPF

Like many others, the Delawares have discovered the international symbol of accessibility posted in many inappropriate places like right above a step or steps. They are warning against excessive generosity in giving out the symbols. Their bulletin also reports a statement by Dr. J. D. Palmer of Brown University which claims that architectural barriers lead to medical problems as well as frustration primarily because they limit the kinds of activities that are essential to health.

EPVA

The EPVA bulletin always has plenty of news but we aren't going to repeat any of it. Rather we are recommending that anyone just starting a newsletter study the EPVA Bulletin as an excellent example. It's comprehensive, precise, concise, easy to read, and inexpensively but attractively reproduced. We haven't asked if they would give you a sample but you might try. It's well worth the effort.

EVANSVILLE, INDIANA

The southernmost Hoosiers are hard at work identifying barriers to attack. In the belief that example is the best teaching technique, the disabled members are attempting to make themselves and their activities as visible as possible. In the same vein, they are just starting a visitation program to help the newcomers to the world of disability.

PVA (NPF) OF FLORIDA

Barrier Buster George Synder recently spent three hours with an architect wheeling around a bathroom. Well, not really. The architect was drawing a bathroom on the floor with chalk and George was testing his designs by seeing if his WC would get through the door and maneuver between the fixtures, ie., chalk marks. He now has has a converted architect. Also, a barrier booklet is in the planning stage.

FOX VALLEY AREA

Using nut sales, the foxy badgers have already increased their fund raising 50% above last year, and the year isn't over. Another project is participation in a state wide effort to get 10,000 signatures on a petition for AB-1, a new state law (hopefully) on civil rights of disabled people. The proposed bill covers eight areas: voting, jury duty, education, fair employment, state contractors, credit, rule making, and public accommodations.

L. W. FREEMAN

Another civil rights act, SB-42, is in the works in Indiana and the L. W. Freeman chapter is vitally interested. An old NPF friend, Jim Gerrard, well known Central Indiana TV personality, had several of the LWF's on a recent show such as Peggy Edmonds, Bob Glover, and Jim Pauley. The chapter phone was very busy after the show. Indy NPFer, Phil Leath, recently won, via an auction for the education station, the right to conduct the Indianapolis Symphony Orchestra.

GEORGIA ASSOCIATION OF PARAPLEGICS

The peripatetic Don Olson attended a GAP meeting in Atlanta. Getting around the state, another meeting was held in Augusta and was hosted by the ABLE-DISABLED of Augusta. Jean Tyson, a feature writer for the Atlanta Journal women's section, was the first winner of the newly created annual Sara Kirkland Award for many articles she has done on barriers, housing, employment, and accomplishments of disabled people.

GREATER KANSAS CITY

The KC's have joined a statewide coalition of pertinent organizations to

pursue, in a coordinated manner, state programs in which they have a mutual interest. Members are: the Easter Seal Society of Missouri, the Governor's Committees on the Retarded and Mental Health, the Missouri Mental Health Association, the Governor's Commission on Developmental Disabilities, the Missouri Association of Social Welfare, and the KC and St. Louis chapters of NPF. The group promises to be quite effective.

LONE STAR

The Texans are working away at convention plans complicated by Leroy Hill breaking a hip in a fall. We are pleased to report that he is out of the hospital and getting out of his home now. Our hosts are especially proud that many new curb cuts will appear around the hotel by meeting time. On a personal level, The Lone Star President, Warren Coffey, was recently married. He's an old buddy and we wish him well.

MAP

President Donald Riel reports a successful suit in Worcester to enforce a curb cut ramp law. This will include correction of some recent renovation where the cuts were not made. Past

President Elmer Bartels has been elected President of the New England Spinal Cord Injury Foundation which is dedicated to systemizing SCI treatment in the New England area. With a positive mental attitude, President Riel feels that 1975 isn't as bad as some may have believed and reports progress in employment, vocational rehabilitation, education, architectural barriers, transportation, and housing as cases in point.

MICHIANA

The northern Hoosiers pursue their intensive interests in public accessible transportation and have made some progress. The local Public Transportation Corporation has adopted a resolution which asks the Governor to designate the corporation as a recipient of funds from the National Mass Transportation Act of 1974. The PTC has also authorized fares for the handicapped not to exceed 50% of the fare for current adult fares.

GREATER MILWAUKEE AREA

Bob Schendel, wearing two hats, reports over 59,000 bags of nuts sold at end of annual campaign. As membership chairman, Bob reports a record 202.

PAGE 18



NEW SAFETY ENGINEERED VAN LIFT.....

Adjustable. Fits any van, truck, bus or camper regardless of make, model or year. Interchangeable from one vehicle to another without structural alterations. Automatic or semi-automatic models. Custom modification and complete line of accessories.

Basic Features and Specifications

(1) Full width safety stop. (2) Electro hydraulic power pack operates from vehicle battery. (3) Controls are easy to reach and operate. (4) Safety engineered design eliminates dangerous gears and exposed greasy surfaces. (5) Self storing non-skid platform allows full vision in folded position. (6) Platform ascent and descent rates are completely adjustable to weather changes. (7) Fully automatic openers for sliding and swinging doors.

ANOTHER NEW PRODUCT FROM:



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— CHAPTER NEWS —

The ParaGram tells of the Wisconsin AAA persuading the national AAA to pass a resolution asking the travel industry to facilitate travel by handicapped citizens.

MISSISSIPPI

The Mississippi Chapter reports a joint effort by the chapter, the Mississippi Methodist Rehabilitation Center, and the Mississippi Jaycees to educate the state in problems that plague the handicapped. The project is titled, "WDHEM." of Walking Disability — Handicapped Emphasis Month. One hope is to get Governor Bill Waller to spend a day in a wheelchair.

MOUNTAIN STATES

The big news in Denver is the Regional Transportation District (RTD). On February 3, RTD was scheduled to put 12 accessible buses into operation on a subscription basis for the elderly and the handicapped. Fare is to be 25¢ each way or people can buy a book of

ten tickets for \$2.50. Current schedule is 7:00 AM to 7:00 PM.

NATIONAL CAPITAL AREA

A recent issue of the NCAC newsletter has a well deserved tribute to Mrs. Janet Fay as a "one person referral service" and the one person that keeps NCAC "together, vital, and growing." The North Virginia Transportation Commission will modify one bus with a lift to commodate the handicapped. A threatened Mall parking ban has been held up at least a year by a court order to prepare an environmental impact study.

NEW YORK METROPOLITAN

The Metro group reports a Disabled Student Day at Brooklyn College. The campus is now accessible and the day was observed with the dedication of a new ramp. A weekly radio show over WNYC features Eunice Fiorito, Director of the Mayor's Office for the Handicapped. Chapter President Anna Fay has just been elected to another presidency — the Congress of People With Disabilities.

NORTHEASTERN INDIANA

The Fort Wayne Hairdressers Association gave the chapter a contribution to be used for a scholarship for a professional person or for research. The final recommendations of the Mayor's Citizen's Ramp Committee have been approved by the Mayor and the Board of Public Works. They have established downtown, transportation terminals, public and semi-public buildings including hospitals, schools, and post office as priority areas for ramps.

NORTHEAST OHIO

The Buckeyes believe in letter writing and have done so in earnest. Recipients have included: auto manufacturers about building cars that will accomodate wheelchairs and hand controls; the Governor's Committee regarding the American National Specifications for accessible buildings to up date those specs; sending compliments to persons conducting programs that educate kids in barriers and discrimination; Jil Kinmont regarding her appearance on national tv; and public officials regarding Social Security and Medicare.

O-K-I REGIONAL

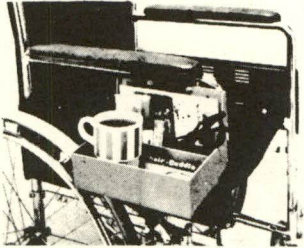
The OKI bulletin reports that the State of Library of Ohio has published a directory of services called "Libraries for People With Handicaps." The directory lists services and materials that are available in 238 public libraries. The directory is available free of charge from the State Library of Ohio, South Front Street, Columbus, Ohio, 43215.

PARAPLEGIA ASSOCIATION OF RHODE ISLAND

PARI is alert to federal fund sharing and has advised the Providence Department of Planning and Urban Development about the need to eliminate architectural barriers. In order to eventually publish an accessibility guide, a form has been included in an issue of the bulletin which will facilitate reporting by people who have discovered accessible and usable facilities.

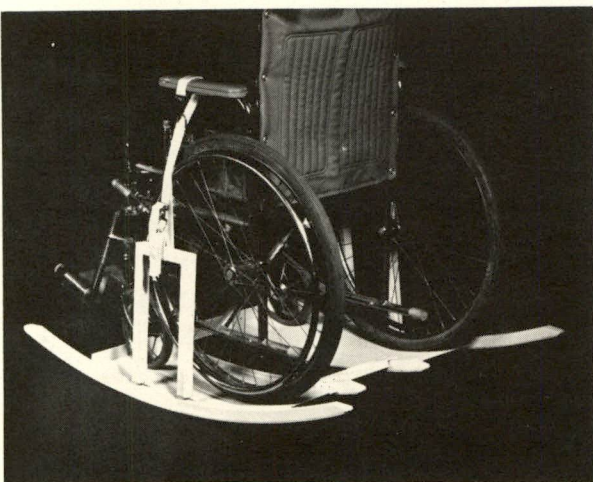
NORTH COUNTRY

A late bulletin contains a questionnaire designed to help the Minnesota



Here is one of the most fitting and functional accessories ever designed for wheelchairs and their occupants! The Chair-Caddie is a convenient carry-all that puts personal belongings, snacks, beverages or medicines within easy reach; folds compactly when not in use. \$9.95 plus \$1.00 postage and handling. Fits desk arm chairs.

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"Pathologically, it is possible to distinguish the following stages of the development of pressure sores:

1. The stage of transient circulatory edema.
2. The stage of permanent damage to cutaneous tissues.
3. The stage of deep penetration necrosis which may ultimately involve fascia, muscles and bone."

TECHNICAL NOTE ON ROCKING CHAIR USE

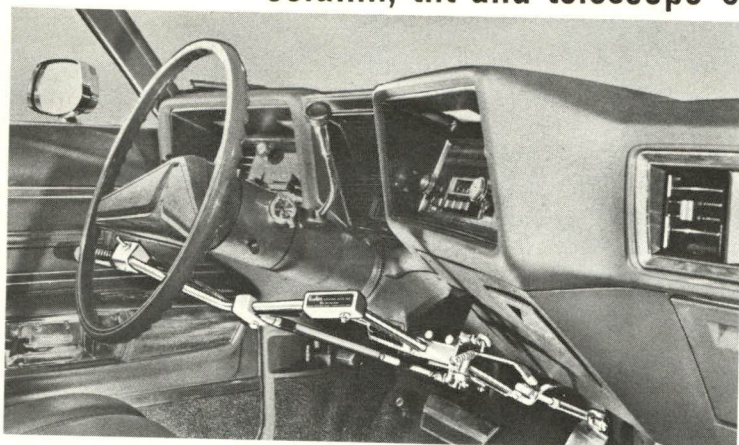
"The rocker is extremely stable, additional support being provided by retaining straps on the sides of the wheel chair rocker. A paraplegic can readily use the strength of his upper extremities to provide an easy rocking motion which serves, as in a rocking bed, to alternate the pressure in a more equitable distribution over the buttocks. This helps to prevent pressure sores."

IDEALLY SUITED FOR ALL INDIVIDUALS UNFORTUNATELY CONFINED TO A WHEELCHAIR. \$98.00 DELIVERED.

Gresham

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- ✓ Dual Safety Brakes for Driver Education.
- ✓ Many other items for handicapped drivers!

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Mississippi Orthopedic Appl.
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Frey-The Wheelman Inc.
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Williamsport Orthopedic &
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Hallcraft Industries, Inc.
Phone: 918-584-0550

PENNSYLVANIA
East Pittsburgh
Ardmore Brake Service
Phone: 412-271-8550

PENNSYLVANIA
Philadelphia
Stafford's Collex
Phone: 215-224-7585

PENNSYLVANIA
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Williamsport Orth. & Prost. Co.
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Guaynabo
Harry Sotomayor
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Austin Brace Co.
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Galveston
Galveston Brace & Limb Co.
Phone: 713-763-1296

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Tidewater Prosthetic Center
Phone: 804-623-7001

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Mr. Robert Ridgeway
Phone: 206-682-0707

— CHAPTER NEWS —

Commission for the Handicapped study the insurance needs of the handicapped. The March meeting of the chapter featured a wheelchair clinic sponsored by the Sickroom Services firm with a view to prolonging the useful lives of wheelchairs.

PENSACOLA PEN WHEELS

Jean and Joe Oldmixon have been appointed to the Governor's Committee on Employment of the Handicapped. The bulletin also reports a most useful phone number — 202/382-7735. That's a "hotline" to the CAB and you can call

it if you are having trouble with air travel.

VAUGHAN PVA/NPF

Vaughan acquired the Thrift Store operation from the DAV in January and hope to provide a steady financial base for chapter programs. Vaughan participates with some 20 other organizations in the Committee for an Aware Chicago which is chaired by Dick McCauley, Chairman of NPF's Allied Health Advisory Committee.

ST. LOUIS

The "show me" people will be showing how its done when they present one day of a continuing education workshop at the St. Louis University School of Nursing. They will present the "consumers" point of view. The ParaQuad housing operation has entered phase one of their marketing survey trying to find out just how many "customers" they can find in a radius of 150 miles.

WHEELCHAIR AWARENESS

This new chapter has a new idea in fund raising — collecting and selling aluminum. It makes money and solves other problems as well. A rare story — Alan Logan was called up for petit jury duty and was treated just like any other citizen during his week on duty. A first, maybe?

ZIA PVA/NPF

Roswell, a hotbed of anti-barrier activity, will host the Annual Meeting of the New Mexico Governor's Committee on Employment of the Handicapped. National Chairman, Harold Russell, will be present. A special feature will be presented by Bill Whalen who has taken a position as an architectural barrier specialist with the New Mexico DVR.

— SHOPPING —

Like so many other female type persons, I'm a clothes nut. I go stark raving mad with my credit card clutched between my teeth to leave both hands free when fashion houses show their fall (or winter or spring or summer or in-between) clothes collections. On this particular morning, not one but two of my favorite houses had full collections in a store where I hold a gold-plated credit card. I don't want to say I'm one of their best customers, but I get a call from the store manager if my credit card isn't used in two weeks. At that point, they're concerned with my health.

On this day, I'd spent a pleasant half hour looking, then making preliminary choices. Ready for a sales lady's serious attention, right? Wrong! Although anyone else entering that department had been pounded upon by saleswomen immediately, I'd been avoided like the plague. I grabbed about \$100's worth of clothes and approached the nearest sales lady. She turned to another woman, a customer who had just walked in, and said, "sometimes they bring these people in wheelchairs out on buses."

"Sometimes," I said, none too coolly, "you lose a lot of customers acting like



a moving experience

VOYAGER



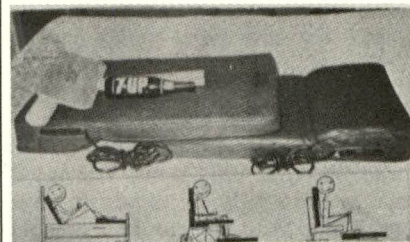
II

HAND CONTROLLED ELECTRIC
PERSONAL TRANSPORTERS

WRITE FOR COMPLETE INFORMATION



New invention relieves quickly, pains often associated with: **ARTHRITIS, RHEUMATISM, and LUMBAGO** of "The Body and Limbs", temporarily.



The illustration shows both sides of one unit — improved Model #604 \$99.95
(Does all the body)

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Model #604-B \$79.95
(Does 2/3 of the body)

For WHEEL-CHAIRS & RECLINERS

Totally disabled DAV members who bought Model #300 testify they stop the pain the first treatment. Those who have chronic-injury-arthritis of all the spine, shoulders, wrists, hands, pelvis, knees, ankles, and the feet had most of it out, enjoying life and living in less than one month. "Two-week money-back guarantee if not satisfied". Invented by DAV member, after his doctor gave up. Shipped with proven illustrations and testimonials! If your letter returns, call us collect.

95% of owners kept units, with no complaints in two years.

UL-Approved components with a two-year guarantee on Model #300. Not for Rheumatoid with red-inflamed-areas.

Send Money Order Today for Immediate Delivery

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COMPANY**

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Phone (817) 626-9344

that!" As the saleswoman looked thunderstruck, I made motions about calling the manager. Strangely enough, calling the manager is a means of making salespersons decide immediately that it really doesn't matter whether or not you're in a wheelchair.

Why, thought I, do I let it get to me. So many sales people tend to treat individuals who use wheelchairs as children or beggars. Other customers also can be fun. I once had a woman turn to her offspring and announce loudly, "if you don't shape up, you're going to grow up to be like her!" ... pointing at me! The best put down of a snobbish saleswoman who didn't want to wait on me came from the 8-year-old daughter of a friend who's also in a chair. "You should wait on her, you know," she told the saleswoman. "She may be in a wheelchair, but she's a lot smarter than you so she's rich."

I'm not rich, but I'm waiting for the day when those of us who use wheelchairs are so common at all shopping centers that there aren't any architectural and attitudinal barriers. That's the day that everybody will be a little richer in understanding.

SEXUALITY — FACT NOT FICTION: ANOTHER VIEW

by John Connell

In Julius Shaw's article "Sexuality — Fact Not Fiction", in the August-September issue of Squeaky Wheel I find I am in agreement with his feelings on sexuality and the handicapped but that is where our agreement ends.

When Mr. Shaw talks about an "individuals right to determine the fate of his own body" and then goes on about the freedom of choice on abortion I can't help but notice these statements are in direct opposition to each other. How is the unborn child expressing his feelings about what he wants done with his own body? Were all aborted unborn children suicidal? According to "The Report of Selected Characteristics on Induced Abortions recorded in New York State Jan.-Dec. 1971." prepared by the New York State Department of Health, office of Biostatistics there were 262,807 induced abortions reported to the New York State Health Department in 1971. Did all 262,807 decide they were better off dead? Maybe 262,806 wanted to die and only one wanted to live. Which one was it, number 5,

number 200, number 10,000? Have we given this human the "right to determine the fate of his own body"?

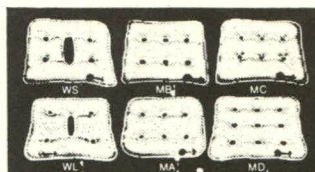
There is another aspect of abortion which should be of special interest to Squeaky Wheel readers: Dr. Amitai Etzioni, a Columbia University Sociologist who is the Director of the Center for Policy Research has stated that

PAGE 22

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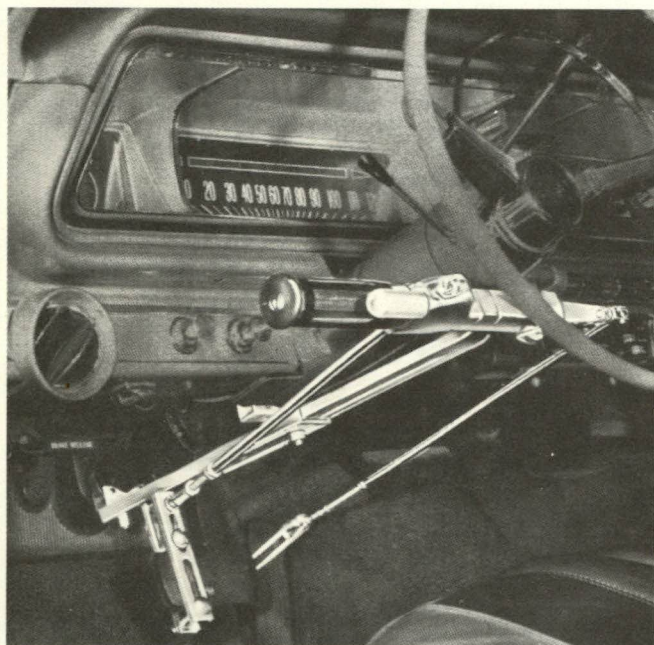
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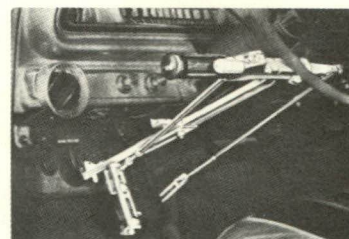
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TRUE CONFESSIONS

By BOB MOSS

The mail included a rather imposing envelope from some outfit called The Urban Institute with a Washington, D.C. address. It contained a questionnaire and a cover letter about working under a grant from the Department of H.E.W. The government!

I've been wary of government questionnaires from the years I was man-

SEXUALITY

"(for)...a woman who has had an abortion the next child is nine times more likely to be premature". Dennis Cavanaugh M.D. stated in Medical News Feb. 1971, "if premature infants survive they face a higher frequency of the tragic aftermath of mental retardation, neurologic disease and blindness." Perhaps we alone can appreciate the aftermath of this "free choice".

As a final remark, I would like to mention that an article on Sexuality and the Physically Handicapped mentions Abortion but it does not mention Reproduction. It seems in this brave new world its all right for the handicapped to occupy themselves with some harmless sex but heaven forbid they reproduce. Think about that.

aging a custom wood working manufacturing plant. For one thing, they come year after year and you can't get off the damn list. And that one wanted to know how much water power the plant was using. Well, I am a city boy and all the water I used came from a tap marked cold. We kept promising ourselves that if we every did well we would hook up the tap marked hot.

Obviously someone in the government had seen the same selected shorts at their local movie house that I had, and just knew that wood working plants were always near waterfalls. There are very few waterfalls in the heart of New York City, unless you count the sewer back up after a heavy rain.

The questionnaire then continued to ask many questions about the kinds of furniture we made, the \$ volume, compared to last year, two years ago, etc. All to be related to the water power that we didn't use.

Now to this latest questionnaire for "individuals who provide services to handicapped people." I've been shooting off my mouth for years and I guess some might call it a service, though it has been called other things, but how did the U.S.A. get my name? Come to think of it, the last NPF convention was in

Washington. Was the L'Enfant Plaza tapped?

It is a study of the rehabilitation needs of the severely handicapped "for entrance or re-entrance into paid employment," or — improve their "ability to be independent of others."

When my boys were younger and I was active in the PTA, I was very involved in what was called "busy work." It created the illusion that we were effecting the course of education. It did no such thing, and was just a ruse on the part of educationdom to keep interested and concerned parents out of their hair while they proceeded to do just what they wanted. That's why we ended up with Community Boards in some places.

This looked to me like another exercise in "busy work," but I filled it out, because when my President calls _____, though to be honest, it's been years since I felt as if I've had a President.

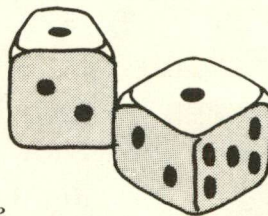
The study was mandated as part of The Rehabilitation Act of 1973, and is to be submitted to Congress by February 1975, and is expected to "aid and influence Congress in the enactment of future legislation to meet the rehabilitation needs of citizens who have severe handicapped conditions." We'll see.

Do we need a study to discover that there is a shortage in the disciplines of Rehabilitation medicine, nursing, counseling, social work, psychology?

Do we need a study to know that the disabled should be a vital cog in the rehabilitation machinery?

PAGE 24

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The passenger door is 28 inches wide, and it's only two short steps from the ground to the 18½ inch floor height. One of the steps is electrically operated by the driver for easy entry where curbs are absent.

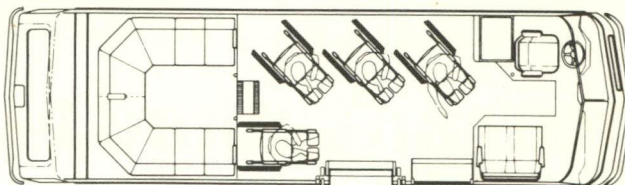
A separate door, 41 inches wide, provides ample room for wheelchair entrance and exit, and features a 36 x 45 inch hydraulic elevator. Due to the low floor height, the elevator has a maximum lift of about twelve inches. Stowed, the elevator protrudes only 12 inches inside the coach, minimizing loss of floor space.

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Rehab. Medicine
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Seattle, Washington 98195

Mr. Curtis Iddings, Jr.-Project Director
Department of Vocational Rehabilitation
Spinal Cord Injury Project

Box W -279
Woodrow Wilson Rehab. Center
Fishersville, Virginia 22939

John M. Miller, III, M.C.
Director, Spain Rehabilitation Center
University of Alabama in Birmingham
Birmingham, Alabama 35294

R. Edward Carter, M.D.
Texas Institute for Rehabilitation
and Research
P.O. Box 20095
Houston, Texas 77025

John Young, M.D.
Good Samaritan Hospital
1033 East McDowell Road
Phoenix, Arizona 85036

Ted M. Cole, M.D.
University of Minnesota
P.O. Box 297
412 Union Street, S.E.
Minneapolis, Minnesota 55455

Edward Lowman, M.D.
New York University School of Medicine
860 University Plaza
New York City, New York

Paul R. Meyer, Jr., M.D.
Co-Directors MRSCICS
Joel S. Rosen, M.D.
Northwestern University
233 East Erie Street
Chicago, Illinois 60611

Robert Jackson, M.D.
Craig Rehabilitation Hospital
3425 South Clarkson Street
Englewood, Colorado

Glenn G. Reynolds, M.D.
Director, Santa Clara Valley Medical Center
751 South Bascom Avenue
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E. Shannon Stauffer, M.D.
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—TRUE CONFESSIONS—

Permit me to quote my favorite question from the 24 page questionnaire. "What programmatic policies, in your opinion, are serving as disincentives to rehabilitating handicapped people for work activities? Please identify specific programs (e.g., Medicaid, Workmen's Compensation, Income Maintenance, etc.) and policies that act in this fashion:"

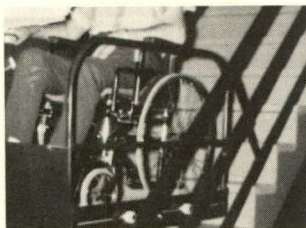
No friend of the disabled (or of plain talk-which is why I have doubts about NPF moving to Washington, D.C. where everyone ends up talking like that) prepared that question. It is not too much money that is a bar to rehabilitation, but too little.

Most of the time the word "rehabilitation" is used to mean going to work. Unemployment is close to 7% and by the time you read this it might be 8%, and if you add the extreme prejudice on the part of employers to hire the severely disabled, one might come to the conclusion that it is not only the handicapped that need rehabilitation.

And the underlying supposition is that if the Congress knew, it would care. Let our representatives show some good faith before we accept that premise. Let them start with D.C., where we can't park, and if we can park we can't get into the museums and other public places that are owned by all of us.

Let's prepare a questionnaire and make them answer to us.

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The system includes a syntax processor permitting multi-level addressing within the typewriter vocabulary, as well as a text editor that makes it feasible for the operator to produce error-free copy. The system is designed to accommodate a pre-stored "dictionary" of frequently used words or phrases. Entries in this dictionary can be addressed and printed with a single voice command, thereby increasing system throughput.

The Voice Controlled Typewriter System can also operate a teletypewriter. In the "teletype" mode of operation the system provides a voice-operated computer terminal that can be used to develop or operate programs using existing time-sharing services over a telephone line.



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THE LAST WORD

Editorial By Jim Smittkamp

Hopefully everyone knows by now that NPF will hold its annual convention in Fort Worth, Texas, on August 4 through 8. We hope you have already marked your calendar, made arrangements for time off from your job, and are saving your money.

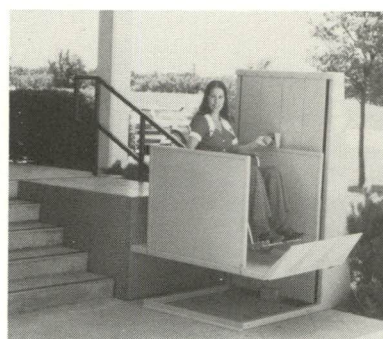
We also hope you will start with this issue to watch for information pertaining to that convention. For instance, if you are having trouble figuring out how you are going to pay for your trip to

Texas, perhaps the travel proposal will provide an answer. If you are concerned about NPF leadership, study the information about who your leaders are and whose terms will be up this year. And if you are curious about the program, watch the next issue and we will present the entire schedule.

Above all, remember that the annual convention is your one chance each year to eyeball your leaders and ask them or tell them what's on your mind. And that includes the editor of SQUEAKY WHEEL. I'm looking forward to seeing you.

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"PUTTING PEOPLE IN MOTION"

5-5628A

Executive Director's Report

As I write this column, I have just returned from Orlando, Florida where I had the pleasure of attending the first Southeast Wheelchair Regional Conference which was sponsored by the Orlando NPF chapter. The conference was very successful in bringing together some one hundred and fifty persons throughout the Southeast to discuss common problems and to share knowledge. The two day conference addressed itself to four major areas which included transportation, fund

raising, legislation and sexuality. The presentations and audience feedback were excellent, and I'm quite sure when the conference was over those attending left feeling that they had learned, that they had contributed, and that they were motivated to continue their efforts in their local communities with renewed enthusiasm and perseverance.

My reason for noting the conference is to elaborate on a thought which all NPF chapters might pursue. The concept is that the NPF chapters, perhaps more than any other consumer group, have a responsibility to continue educa-

tional and informative programs throughout their states and regions. The reason for such programs lies in the fact that there is no need to reinvent the wheel every time a new project is undertaken which will benefit the handicapped.

It is the responsibility of NPF chapters to provide the leadership for bringing together a multitude of consumer and professional groups within each geographical region. NPF chapters in the Midwest have held Fall and Spring Conferences for several years. However, such conferences have only been attended by NPF members and chapter representatives. I believe the chapters comprising the midwest group are now ready to provide the leadership necessary to extend invitations to a multitude of consumer and professional groups to attend such conferences.

In a similar manner NPF chapters in the East and Northeast are capable of initiating a Conference program for their region. The same is true of NPF chapters in the Southeast region. The growing number of NPF chapters in the Mid-South also reflect the strong potential for regional conferences. NPF chapters in the West and Northwest could use such conferences to stimulate the creation of new NPF chapters as well as bringing together consumers and professionals to discuss common problems and develop creative solutions.

More and more there exists a need to unify groups representing the handicapped. NPF chapters should be second to no other group in providing the leadership necessary to bring about such unification. The voice most often heard for the handicapped should be the voice of the handicapped-yours and mine.

LETTERS

Dear Bob (Moss):

1-7-75

Your open letter to the auto manufacturers in the latest issue of *SQUEAKY WHEEL* was just great! I have one request tho — please write another one and include another disability — namely — quadriplegics!!! For most of us transportation is our biggest architectural barrier. We also need an automobile designed to make getting into a car not such a hassle. It can be done. That is, if someone will only take an interest.

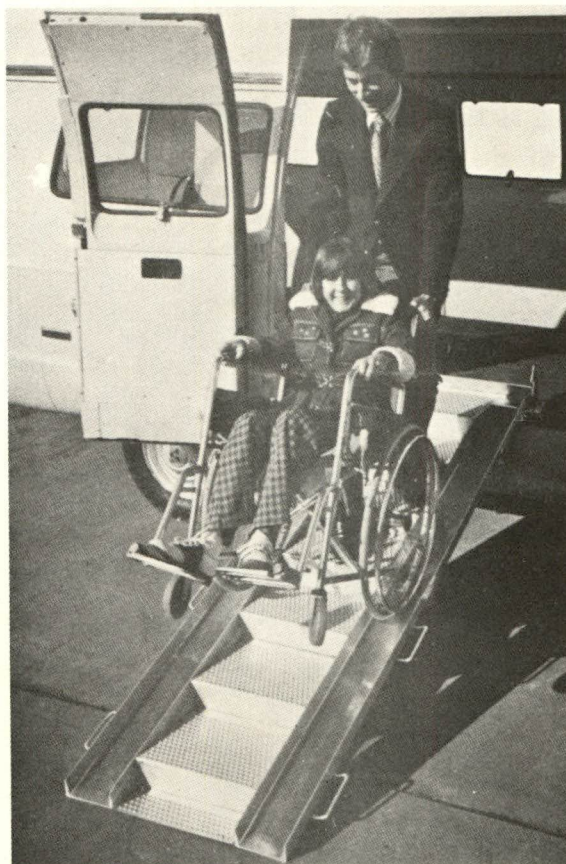
You had several good suggestions. Another would be to raise the headroom from floor to ceiling so that it would not be necessary to be lifted out

Collin's Saf-T-Ramp makes the ups and downs in life easier.

Strong enough to steadily support the heaviest wheelchair, confined occupant, and attendants. Yet the Safe-T-Ramp's all-aluminum construction makes it easy to handle.

Collin's Saf-T-Ramp is the only ramp available with built-in steps for the convenience and safety of the attendant. And "U" channels guide the wheelchair and prevent wheels from skidding off ramp.

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of the chair at all. I'm sure most quads would really appreciate owning such a car and so would our families. Most of the vans available today are too high off the ground, (have) no headroom and require so much altering to make it adaptable that no one can really afford it. So, why not a smaller, more compact and economical vehicle in the beginning.

I hope someone in the automobile world reads your letter and will take an interest. Good luck! I would be interested in any responses you might get.

Horizontally yours,
Nancy Quinn

YOUR ATTENTION PLEASE

"Services for Special Needs" — published by AT&T, concerns devices and services to make telephones more usable by the disabled, available from your local Bell telephone office.

"Handicapped Section of the North Carolina Building Code" — regulations affecting building in North Carolina, illustrated, plus other information pertaining to the rights of the handicapped, cost is \$1.56, available from: North Carolina Department of Insurance, P.O. Box 26387, Raleigh, North Carolina 27611.

"Barrier Free Design" — self descriptive booklet, free of charge, available from: Institute for Research and Development in Occupational Education, Center for Advanced Studies in Education, City University of New York, 1411 Broadway, New York, New York 10018.

DEATH NOTICES

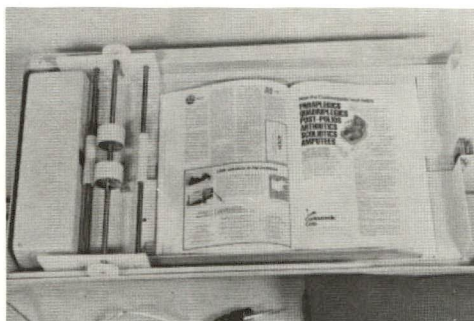
Joseph L. Mandella, January 17, 1975, Jericho, New York. Joe was a member of the Eastern Chapter of PVA/NPF and a longtime leader in the fight against architectural barriers. We extend our sincere sympathies to Mrs. Mandella and their children.

Dr. Henry L. Heyl, March 1, 1975, Hanover, New Hampshire. Dr. Heyl was a long time member of NPF's Medical Advisory Committee. He was originally a neurosurgeon who became a paraplegic. He then became a Professor of Anatomy at the Dartmouth Medical College and Editor of the Journal of Neurosurgery. His unique circumstances made him one of the most insightful people in SCI circles. He was the author of a widely distributed article titled, "Some Practical Aspect in the Rehabilitation of Paraplegics," which attempted to describe paraplegia to his fellow medical doctors. We extend our sincere sympathies to Mrs. Heyl.

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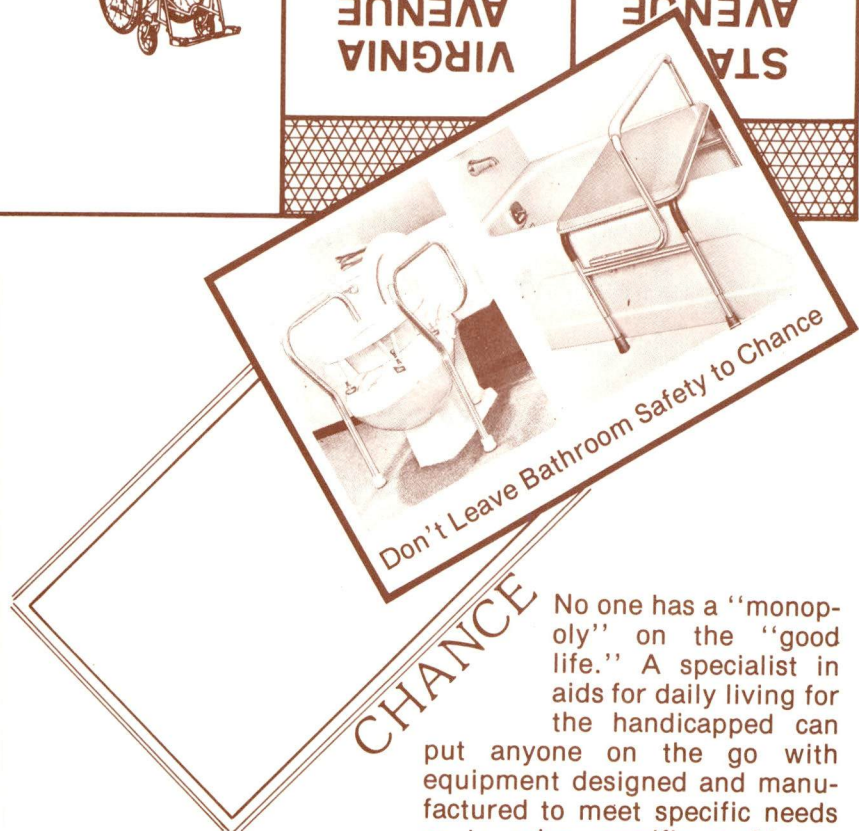
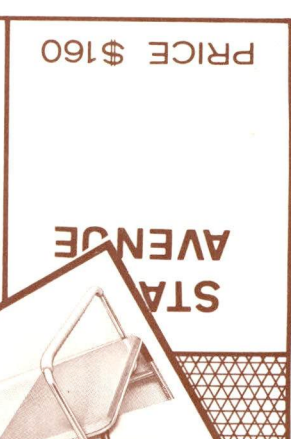
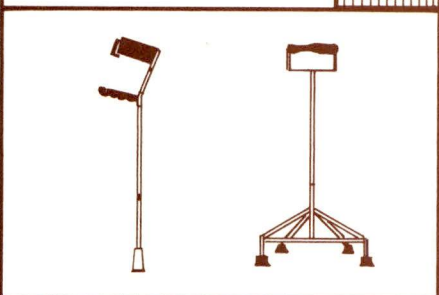
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of the
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August 6-10, 1974
Washington, D. C.

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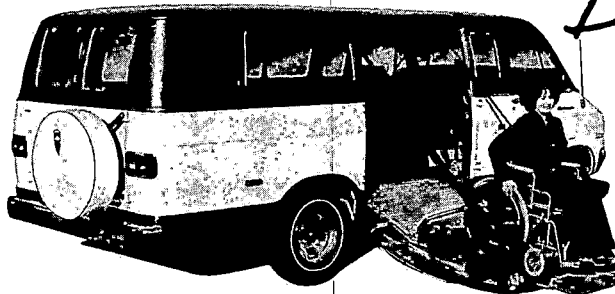
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Convention Mailbox

Presence and Example

Greetings, and welcome to the 26th annual convention of the National Paraplegia Foundation! This is the fourth year now that NPF has met apart from its founder and continuing mentor, the Paralyzed Veterans of America. The response this year clearly attests to the vigor of NPF and the validity of its goal of care and cure for the spinal cord injured.

Washington, D. C., is an exciting place to visit. By your very presence and example here you have a large opportunity to educate and influence some of the country's major decision-makers.

William J. Bean

President, National Capital Area Chapter
National Paraplegia Foundation

Hang in There

My fellow PVA'ers and I wish to extend our best wishes to you as you congregate and celebrate your 26th year. As you embark on the next 25 years, it is important for all NPF'ers, for all PVA'ers, and, for that matter, for all of society to realize the struggle, the growth, and the contributions of the National Paraplegia Foundation. You can take pride in your efforts to serve the handicapped and those who assist the handicapped.

You have convened in the nation's capital for reasons that are many and just. May responsible Congressional leaders hear your voices and take heed of your needs. Let us strive to persuade these leaders to take action that improves the lives of the disabled through better "care" and eventual "cure" of paraplegia. May your speaking out in cooperation with others like you finally arrest the indifference to problems that must be overcome.

By your own efforts at your convention, as you seek "Care and Cure" and issue "A Call To Action," may you lift the spirits of your members to an all-time high and guide your organization to the bigger and better things it deserves in the future.

May you know only success in the infinite world we live in. We in PVA hope each officer, member, and friend of NPF enjoys the festivities of your convention. Moreover, we hope that the hard work ahead of you is rewarded and that we continue to enjoy the comradeship and mutual relationship that exists between our two organizations. Godspeed to us all as we strive to do better.

Take care and hang in there.

Frank R. DeGeorge

National President
Paralyzed Veterans of America, Inc.

Visible and Viable But Poor

I extend a warm and enthusiastic welcome to all members and friends of the National Paraplegia Foundation, coupled with deepest gratitude to you for your interest, initiative, and efforts on behalf of those with spinal cord injuries and on behalf of the purposes and goals of the National Paraplegia Foundation.

May I first thank those who are contributing so much to the content of this year's convention program and those

who have contributed so much in the preparation of this convention. They have done a commendable job. They are identified in various ways in various parts of the convention journal. Take time to meet them and to thank them. Particular thanks to our hosts, the National Capital Area Chapter.

This year's convention is a pivotal one in the history of the foundation. It includes many innovations that we hope will grant everyone opportunities to look with greater depth into those matters which concern or interest them. We also hope for greater input on the part of all members, associates, and friends of the National Paraplegia Foundation.

Over the years the foundation has meant many things to many people. Thousands upon thousands have been aided, directly and indirectly, by the programs and activities of the foundation. It is our achievements in the past and our many new endeavors in recent years that point out our greatest shortcomings as well as our greatest accomplishments.

The foundation has more visibility and more viability now than at any time in its history. However, its rapid growth and diverse programs have accelerated faster than its financial resources. This indicates that we are on the right track but emphasizes the need for well-defined programs to develop and sustain the financial resources essential for the future growth and success of all our endeavors. We hope to establish such programs in the course of this convention.

Our conventions in recent years have brought together the most accomplished and dedicated members of the medical, scientific, and allied health professions; leaders of government and business; the most achieving and deserving individuals with disabilities; and the finest lay people to be found anywhere. A synthesis of this sort takes time and a great deal of effort but shall ultimately pay great dividends. There is every indication that registration for and participation in this convention will exceed all previous records and that this convention will prove to be most productive.

A highlight of this convention is the presentation of the second William Thomson Wakeman Award for Neuroscientific Research Toward a Cure for Paraplegia. The recipients of the award were selected by a panel of distinguished peers from various scientific, medical, and other disciplines. I hope that everyone will be present at the banquet to show their appreciation and respect for our William Thomson Wakeman Award recipients.

May this convention be a stimulating, motivating, and learned one. May it be one filled with good fellowship, good fun, and the makings of lasting memories. May it be the kind of convention that means as much to us after its conclusion as during its conduct. May it afford us those ingredients that will sustain our working together throughout the year so that we can truly expect a genuine measure of success.

T. J. Nugent

President
National Paraplegia Foundation



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Convention Mailbox

A Note From the National Office

The last few months of fiscal year 1973-74 were, to say the least, hectic ones. We in the national office were operating without an executive director and in our usual state of financial insecurity. We feel a sense of accomplishment in that we are still here!

From January 1 through April 30, we kept up with incoming correspondence and paid the bills. No new programs were launched, as there was no one to handle the launchings.

Now that a new executive director has been hired, we are optimistic about the future of NPF. New programs have been initiated, and more will be. The staff is being enlarged, so the work will not fall on one person.

Our first priority during the coming year, of course, will be fund-raising. For a number of years NPF has attempted to operate on a budget that does not provide for even the bare necessities of running a national office. It has been impossible to handle the volume of work that comes in. We must change this. We can only be effective if we have the staff and equipment to handle the job we are expected to do. We can have that staff and equipment only if we can pay for it. For these reasons, the national staff must give first priority to doing those things that will bring in money.

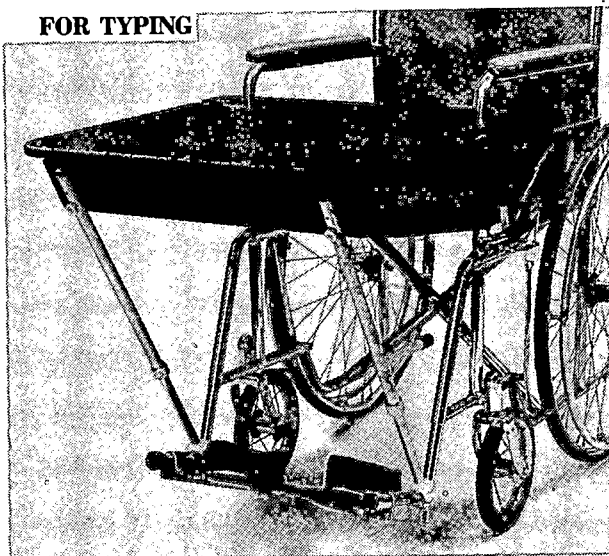
An important development last year was the recommendation and acceptance of changes in NPF by-laws regarding chapter and membership structure. With these changes, chapters will have greater financial obligations to the national office. In turn, the national office expects to be able to offer chapters more help with programs they undertake. We have not been happy in the past with our limited ability to assist chapters. And, with the exception of the relatively small number of chapters that have faithfully made annual contributions and paid membership dues to the national office, we have not been supported by the chapters well enough to pay for even the small amount of paper work involved in the minimum level of communication we have maintained. We look forward to improvement in these situations.

The coming year will be exciting and productive, and we in the national office hope all of you will be sharing that year with us.

Ann Ford
Administrative Assistant
National Paraplegia Foundation

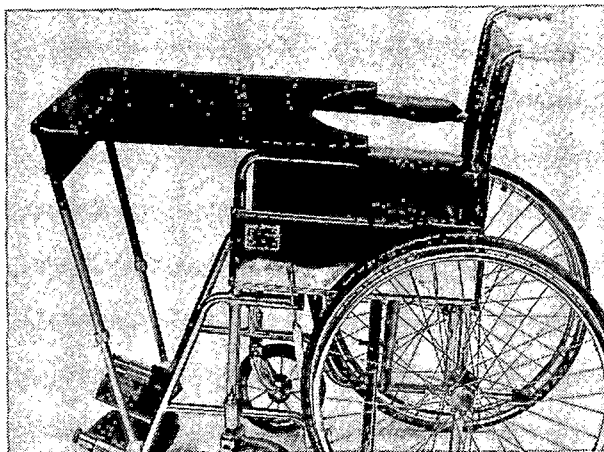
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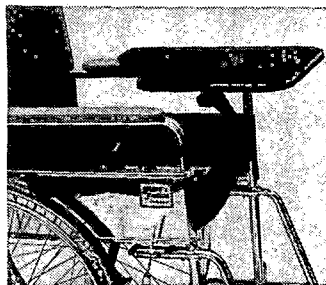
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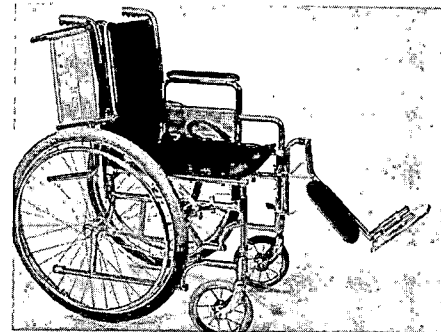
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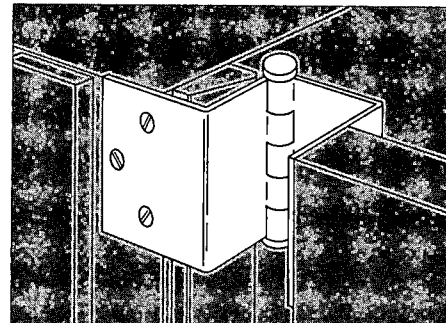
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Convention Mailbox

Action Speaks Louder Than Words

For NPF the coming year will be one of action.

An ongoing national fund-raising program will be developed. Within this framework new types of memberships will be made available to corporations, foundations, and civic organizations.

The current budget permits expansion of the professional staff in the national office to provide expertise in development and public relations. Long range plans include addition of personnel to enable better membership coordination, a clearing house for research, educational programming, and coordination of advisory committees.

In 1974 the national office will attempt to do more for local chapters of NPF. Better communications, written program guidelines, and coordination for fund-raising activities will be available.

Each chapter will be urged to expand its membership by at least 50% and to strive for a 100% annual membership renewal rate. In addition, each chapter will be encouraged to adopt the long term goal of establishing an office or some other type of permanent base from which NPF activities can evolve in the community. At the same time, chapters will be encouraged to form state or regional councils in order to solidify and expand NPF's existence and activities.

Aggressive programming is a necessity. The national office will develop programs and communicate regularly with the board of directors, chapters, committee members, and others responsible for executing plans. All parties will have to pitch in if NPF is to survive.

Local chapters must intensify their efforts to maintain current membership and attract new members. Chapters should meet more often, communicate with members more effectively, and become involved in more activities that appeal to the expressed interests of the members. Chapters will be encouraged to set concrete goals for themselves for the coming year. Special attention should be given to fund-raising, membership, programs, and communications. Progress in each of these areas is mandatory if chapters are to survive.

Chapters should establish financial goals after looking at other organizations in the local community that function somewhat as NPF does. The costs of carrying on programs in larger communities will be greater than costs in smaller communities. Whatever the size and location of the chapter, a minimum increase of 15% over the previous year's financing would be desirable.

NPF advisory committees will be encouraged to strengthen their functions by improving communication first within each committee and then with the entire organization. Concurrently, advisory committees can expect to receive more assistance from the membership than has been forthcoming in past years. Mutual respect and cooperation to achieve common goals will benefit everyone.

Members of the board of directors will not be allowed to sit by passively while the organization carries on as best it can. Board members will be expected to involve themselves actively in determining and carrying out NPF policies.

This year's convention marks the beginning of major efforts to increase NPF membership, establish a solid financial basis for the national office, and generate more involvement and activity among members of professional committees and the board of directors. During the coming year goals and objectives must be evaluated, defined, and communicated. Implementation of plans will be the responsibility of all.

Let us think long and hard about the future of NPF. The time has come for NPF to set its house in order.

Action speaks louder than words.

David R. Williamson

Executive Director
National Paraplegia Foundation



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Toward a Cure for Paraplegia

Rita Levi-Montalcini and Stanley Cohen are the winners of the 1974 William Thomson Wakeman Award for Basic Neuro-scientific Research Toward a Cure for Paraplegia. A bronze plaque and an honorarium of \$10,000 will be presented to this team of investigators for their collaborative as well as their independent studies leading to the discovery, characterization, and identification of nerve growth factor (NGF), a substance capable of enhancing growth and development of nerve cells and their connections.

Levi-Montalcini is professor of biology in the zoology department at Washington University in St. Louis, Missouri, and director of the laboratory of cell biology at the National Research Center in Rome, Italy. Her embryological studies of mechanisms controlling development led to recognition of extractable factors from non-neuronal tissues that could regulate development of sensory and sympathetic nerve cells. She continues to investigate the effects of purified nerve growth factor on the developing mammalian nervous system.

Cohen is currently professor of biochemistry at Vanderbilt University in Nashville, Tennessee. His biochemical investigations led to the isolation, purification, and characterization of nerve growth factor, which he showed to be a small protein with specific antigenic properties.

The collaborative research of Levi-Montalcini and Cohen was cited by the award panel for its continuing impact on the field of developmental biology in general and for its specific relevance to the problems of nerve tissue regeneration and repair following injury to the brain and spinal cord.

Levi-Montalcini received her medical degree from the University of Turin, Italy, where she conducted neurological research until 1938, when Mussolini issued the racial manifesto and antisemitic laws. At that time she lost her position in Italy and joined a group of scientists at the Neurological Institute of Brussels, Belgium.

Escaping from Belgium on the verge of the German invasion in 1940, she returned to Italy, where she established a small research unit in her own apartment in Turin. In the summer of 1941, Turin was heavily bombed by the allies, and Levi-Montalcini moved with her family to the country, where she again established a small independent laboratory and continued her research on neurogenesis until the German invasion of Italy in September 1943.

During the German occupation, Levi-Montalcini was forced into hiding in Florence, where she lived underground until the allied liberation of that city in August 1944. Then she began working as a physician with the American Army and, with other doctors, was in charge of a camp for Italian refugees. In 1945 she was able to return to the University of Turin, and in 1947 she accepted an invitation to join the zoology department at Washington University in St. Louis. In 1956 she became an American citizen.

Clues From Tumors in Mice

1952 marked the beginning of her association with Stanley Cohen, who came to St. Louis from the University of Colorado School of Medicine. Levi-Montalcini noted that the

nerve cells in the vicinity of a certain type of tumor in mice were massively enlarged, with massive networks of nerve fibers. Cohen was able to extract a chemical factor from the tumors which produced this effect in normal mice. The two investigators proceeded to work toward identifying the

(continued on page 17)



Levi-Montalcini



Cohen

1974 Wakeman Award Panel

Mary A. B. Brazier
Chairperson
Stanley H. Appel
James B. Campbell
Carmine D. Clemente
Donald Duncan
Edward V. Evarts
Ralph W. Gerard
Murray Goldstein
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James Semans
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William F. Windle

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points to lock the wheelchair into place. When the door is closed, the lift folds into the bus. It's ready for immediate use, with no attachments, when riders are ready to depart.

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Toward a Cure from page 15

specific chemical in the extract that caused the unusual nerve growth.

In 1956, by chance, a far more active factor was discovered. Cohen, analyzing the tumor extract, added snake venom to degrade certain chemicals as part of the process for determining the effective agent by elimination. The venom-treated extract, however, proved to be far more effective than the untreated extract. Subsequent experiments showed that the venom itself had remarkable nerve-growth-stimulating properties. As the snake's venom glands are related to salivary glands in other animals, experiments with these followed, and by 1958 nerve growth factor was found in highly concentrated form in mouse salivary glands.

Since then, the chemical has been purified and analyzed. Nerve growth factor is a valuable research tool and may prove to be the key to new understanding of one of the most complicated and mystifying processes in nature: growth and regeneration of the central nervous system.

Biennial Award Since 1972

The William Thomson Wakeman Award is presented by the National Paraplegia Foundation biennially in even numbered years. The first award was made in 1972. Co-recipients that year were William F. Windle and Roger W. Sperry, who were cited "... because their research and inspired leadership has been largely responsible for inducing many others to embark on research related to spinal cord injury." Among many accomplishments over the years, Windle proved that regeneration of nerve fibers across a spinal cord lesion is possible and Sperry elaborated concepts of chemical selectivity in the establishment of appropriate nerve connections.

The William Thomson Wakeman Award was established by Mrs. Wakeman as a memorial to her late husband, a paraplegic who lived in the hope that he would eventually walk again. He died of heart failure in the course of surgery that he hoped would alleviate his paralysis.

The purpose of the award is to honor the scientist or scientists who, in the judgment of a panel of distinguished peers, has made the most significant contribution in basic neuroscientific research related to a cure for paraplegia and consistent with the donor's hopes that eventually paraplegics will be liberated from their wheelchairs.

The award may be made either to an individual or to a team of scientists. The \$10,000 honorarium, in the latter case, may be divided among the members of the team. Scientists in all parts of the world will be considered for the award, there being no national boundaries in basic scientific research.

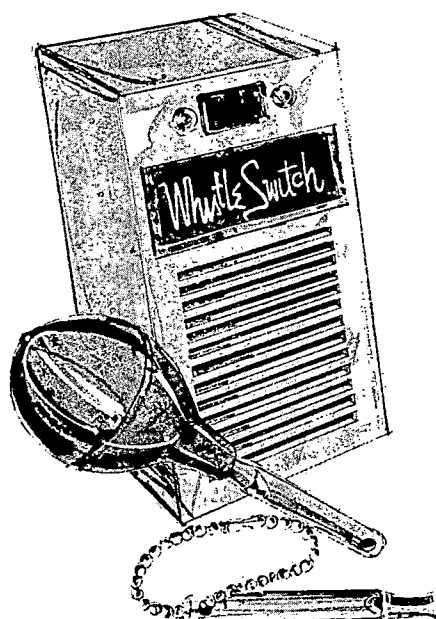
The award panel is composed of past recipients, members of the NPF scientific advisory committee, a representative of the NPF medical advisory committee, a member of the NPF board of directors, and other distinguished scientists invited to serve on the panel by the president of NPF and its scientific advisory committee.

Nominations for the award must be made not later than December 31 of the odd-numbered year preceding the presentation of the award. Nominations will be accepted in recognition of scientific work, consistent with the donor's purpose, in all disciplines. The nominator of a candidate is requested not to make known the nomination and not to inform the nominee.

Nomination forms and information may be obtained from the National Paraplegia Foundation, 333 N. Michigan Avenue, Chicago, Illinois 60601. □

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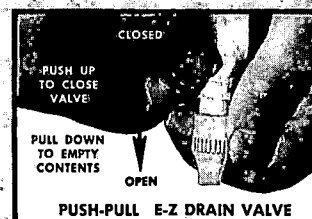
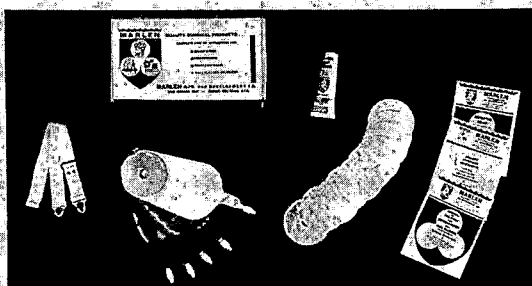
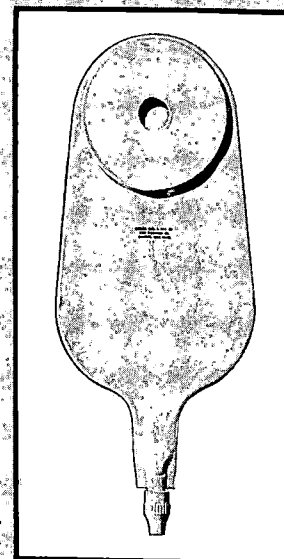
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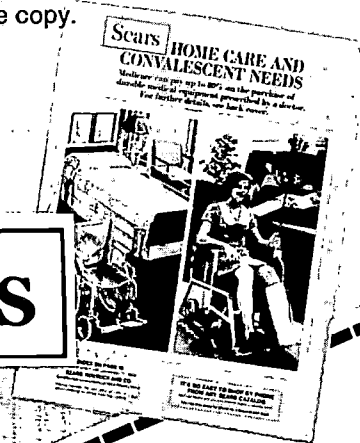
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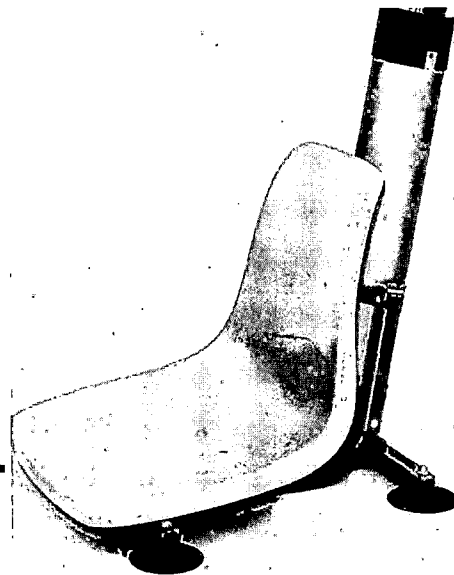
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MONDAY, AUGUST 5

- 11:30- 1:30 Planning Committee Luncheon**
1:30- 4:30 Convention Planning Meeting
- Orientation and Convention Management
 - Briefings for Staff and Volunteers
 - Press and Media Arrangements
- 5:30- 6:30 Dinner for NPF Board of Directors**
6:30- 8:00 Board of Directors Meeting

Degas Salon (2nd Floor)
Monet Suites I & II (2nd Floor)

Degas Salon (2nd Floor)
Degas Salon (2nd Floor)

TUESDAY, AUGUST 6

- 7:00- 8:30 Breakfast Meeting for NPF Board of Directors**
8:30-11:30 Chapter and General Workshops
11:30- 1:30 Buffet Luncheon for Chapter Presidents
1:30- 4:30 Meeting of NPF Delegates and General Membership
7:30-10:30 Reception for NPF Members

Degas Salon (2nd Floor)
Ballroom
Degas Salon (2nd Floor)
Ballroom
East Promenade of Lobby off Ballroom

WEDNESDAY, AUGUST 7

- 7:00- 9:00 Continental Breakfast and Briefing
for the Day's Visitation Activities**
9:00-11:30 Visits to Congressional Offices
1:30- 4:30 Visits to Federal Departments
7:30-10:30 President's General Reception for All Conventioneers

Ballroom

Capitol Hill
Around the City
Poolside (12th Floor)

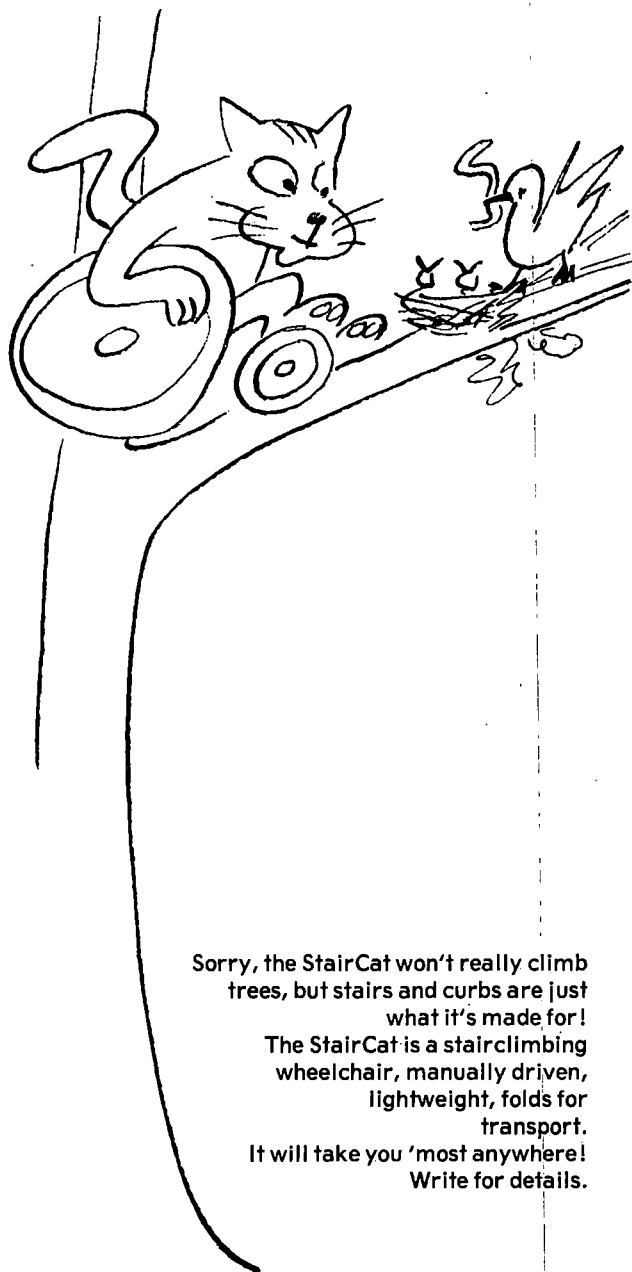
THURSDAY, AUGUST 8

- 7:00- 8:30 Buffet Breakfast**
**8:30- 9:15 Spinal Cord Injury Seminar
Phase I: Spinal Cord Regeneration**
- 8:30 Introduction by Chairperson**
Carmin D. Clemente
Professor of Anatomy
UCLA Medical School
Los Angeles, California
- 8:35 Opening Remarks**
James S. Dwight Jr.
Administrator
Social and Rehabilitation Service
Department of Health, Education, and Welfare
Washington, D. C.
- 8:45 Special Presentations by Wakeman Award Winners**
9:15 Intermission
- 9:30-11:30 Spinal Cord Injury Seminar
Phase II: Spinal Cord Injury Research**
- 9:30 Introduction by Chairperson**
Lyle French
Vice President
University of Minnesota
School of Medicine
Minneapolis, Minnesota

Greenhouse Restaurant
Ballroom

Ballroom

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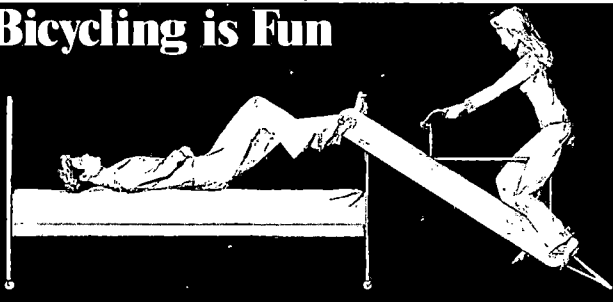
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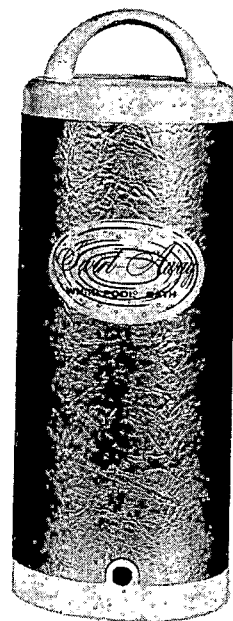
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THURSDAY, AUGUST 8

9:45 The Development of Experimental Models for Spinal Cord Injury

Ayub Ommaya
Associate Neurosurgeon
National Institute of Neurological Diseases and Stroke
Bethesda, Maryland

10:00 Light and Electron Microscopy of the Experimental Cord Lesion

Frank Wagner
Department of Neurosurgery
Yale University Hospital
New Haven, Connecticut

10:15 The Biochemistry of the Experimental Cord Lesion

Jewell Osterholm
Director, Division of Neurosurgery
Hahnemann Medical College and Hospital
Philadelphia, Pennsylvania

10:30 Experimental Treatment of Experimental Cord Injury

Eugene S. Flamm
New York University School of Medicine
New York, New York

10:45 Discussion and Questions

11:30- 1:30 Lunch

Individual Choice

**1:30- 3:15 Spinal Cord Injury Seminar
Phase III: Advances in Clinical Management**

Ballroom

1:30 Introduction by Chairperson

Paul Bucy
Editor, *Surgical Neurology*
Tryon, North Carolina

1:35 Opening Remarks

Donald B. Tower
Director
National Institute of Neurological Diseases and Stroke
Bethesda, Maryland

1:45 Programmed Management of Acute Spinal Cord Injury

Robert White
Professor and Co-Chairperson of Neurosurgery
Case Western Reserve University;
Director of Neurological Surgery
Cleveland Metropolitan General Hospital
Cleveland, Ohio

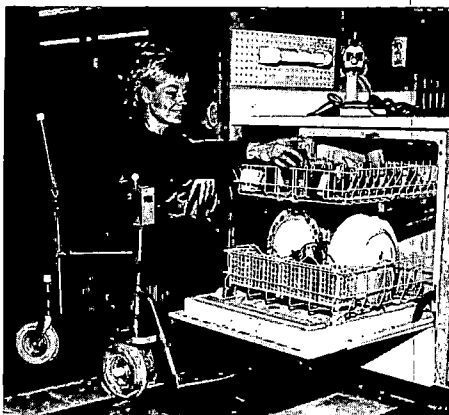
2:00 Orthopedic Advances in Spinal Cord Injury

Vernon Nickel
Chief of Orthopedic Surgery
Rancho Los Amigos Hospital
Downey, California

2:15 Urologic Advances in Spinal Cord Injury

John Donohue
Professor and Chairperson
Department of Urology
Indiana University Medical School
Indianapolis, Indiana

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THURSDAY, AUGUST 8

2:30 **Plastic Surgical Advances in Spinal Cord Injury**
B. Herold Griffith
Chief, Division of Plastic Surgery
Northwestern University School of Medicine
Chicago, Illinois

2:45 **Recent Advances in Radiology in the Area of Paraplegia**
Giovanni DiChiro
Neuroradiologist
National Institutes of Health
Bethesda, Maryland

3:00 **Review, Prospectus, and Questions**
Paul C. Bucy

3:15 **Intermission**

3:30- 4:30 Spinal Cord Injury Seminar
Phase IV: Spinal Cord Centers—Report on Progress

Ballroom

3:30 **Introduction by Chairperson**
Alain B. Rossier
Spinal Cord Injury Service
West Roxbury Veterans Administration Hospital
West Roxbury, Massachusetts

3:40 **Yale University Spinal Cord Injury Center**
William Collins Jr.
Professor and Chairperson
Neurological Surgery
Yale University School of Medicine
New Haven, Connecticut

3:50 **Good Samaritan Spinal Cord Injury Center**
John S. Young
Director, Spinal Cord Injury Services
Good Samaritan Hospital
Phoenix, Arizona

4:00 **Veterans Administration Spinal Cord Injury Center**
Peter C. Hofstra
Director, Spinal Cord Injury Services
Veterans Administration
Washington, D. C.

4:10 **Overview of Spinal Cord Injury and Questions**
Henry Heyl
Editor, *Journal of Neurosurgery*
Hanover, New Hampshire

5:00- 7:00 Curbstone Sessions
Sexual Function and the Spinal Cord Injured Person
(Theodore Cole, Discussion Leader); Decubiti
(Pressure Sores); Urological Problems; Research

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Charles Suite (11th Floor)
Renoir Suites I & II (2nd Floor)

FRIDAY, AUGUST 9

7:00- 8:30 Buffet Breakfast

Greenhouse Restaurant

8:30-11:30 Spinal Cord Injury Seminar
Phase V: Pediatric Spinal Cord Injury—
Perspective of Opportunity

Ballroom

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FRIDAY, AUGUST 9

- 8:30 Introduction by Chairperson
Roger Meyer
Medical Officer, Region V
Social and Rehabilitation Service
Department of Health, Education, and Welfare
Chicago, Illinois
- 8:35 Opening Remarks
Andrew Adams, Commissioner
Rehabilitation Services Administration
Social and Rehabilitation Service
Department of Health, Education, and Welfare
Washington, D. C.
- 8:45 Setting the Educational Stage for Rehabilitation
Joseph Konitzki
University of Illinois
Champaign, Illinois
- 9:00 Formulating a Life Plan for Parents of Children With Congenital and Acquired Spinal Cord Injury
Constance Battle
Director
Hospital for Sick Children
Washington, D. C.
- 9:15 Intermission
- 9:30 Forecasting the Recreational and Vocational Horizons
Thomas Jones
Sports Director
WCIA TV Station (CBS)
Champaign, Illinois
- 9:45 Preparing Yourself Psychologically for the Developmental Battles Ahead
Fred Leonard
Professor of
Physical Medicine
and Rehabilitation
George Washington University
Washington, D. C.
- 10:00 Bringing Disciplines Together to Meet Children's Needs
Robert Jackson
Director
Craig Rehabilitation Center
Denver, Colorado
- 10:15 Summary, Conclusions, and Questions
Roger Meyer
- 11:30- 1:30 Lunch
- 1:30- 4:30 Spinal Cord Injury Seminar
Phase VI: Spinal Cord Injury and Developmental Tasks of Adolescence and Early Adulthood
- 1:30 Introduction by Chairperson
Richard J. McCauley
Chief, Occupational Therapy
Schwab Rehabilitation Hospital
Chicago, Illinois

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Rehabilitation-Education Center

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FRIDAY, AUGUST 9

- 1:45 **Self-Image and Self-Concept**
Israel Goldiamond
Professor of Psychiatry and Psychology
University of Chicago
Chicago, Illinois
- 2:00 **Socialization and Sexuality**
Mary D. Romano
Supervisor, Social Services
Presbyterian Hospital
New York, New York
- 2:15 **Intermission**
- 2:30 **Early Career Planning**
Bruno D'Alonzo
Assistant Professor
Special Education
Northern Illinois University
DeKalb, Illinois
- 2:45 **Family Living**
Panel of Spinal Cord Injured Persons
- 3:30 **Questions and Answers**
- 5:00- 7:00 **Curbstone Sessions**
Community Action Programs; Family Relations and Adoptions;
Insurance; Architectural Barriers; Housing; Transportation

Renoir Suites I & II (2nd Floor)
Monet Suites I & II (2nd Floor)
Degas Salon (2nd Floor)
Charles Suite (11th Floor)

SATURDAY, AUGUST 10

- 7:00- 8:30 **Breakfast**
- 8:30-11:30 **Community Action Seminars**
- 8:30 **Insurance**
David L. Barrie
Retired Chief Examiner (Rehabilitation)
Liberty Mutual Insurance Company
Boston, Massachusetts
- 9:00 **Questions and Answers**
- 9:45 **Intermission**
- 10:10 **Legislation**
James W. Wahner
Chairperson, Governor's Task Force on Problems
of People with Physical Handicaps;
Representative (15th District)
Wisconsin Legislature
Milwaukee, Wisconsin
- 10:30 **Questions and Answers**
- 11:30- 1:30 **Luncheon Meeting of NPF Board of Directors**
- 1:30- 3:00 **Curbstone Sessions**
Delivery of Services; Regional Systems and Centers;
Legislation; Legal Advocacy; Recreation
- 6:30- 8:00 **Cocktails**
- 8:00-10:00 **Banquet**

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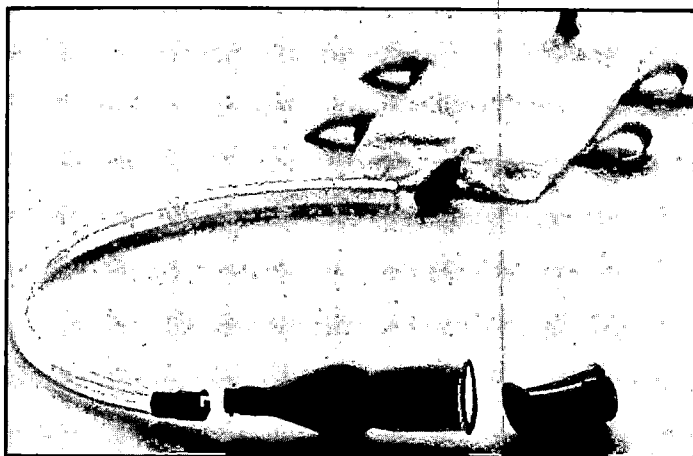
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With warmest regards,

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Crit H. Rogers III



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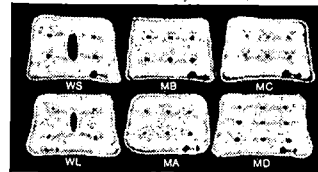
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Films will be shown in the Marquette Room from 10:00 a.m. to 10:00 p.m. Tuesday, August 6, through Friday, August 9. Titles include:

The Paraplegic Patient:

Taking Off a Full Body Brace in Bed

7.75 minutes, color/sound, order #1, for rehab personnel

The Quadriplegic Patient:

Transfer from Bed to Wheelchair Using Sliding Board

6.5 minutes, color/sound, order #1, for rehab personnel

The Paraplegic Patient:

Putting On a Full Body Brace in a Wheelchair

10 minutes, color/sound, order #1, for rehab personnel

The Quadriplegic Patient:

Sitting Balance in Bed

8.75 minutes, color/sound, order #1, for rehab personnel

The Quadriplegic Patient:

Changing Position and Sitting Up in Bed

7 minutes, color/sound, order #1, for rehab personnel

Catheterization of the Paralytic Patient

5 minutes, color/sound, order #1, for rehab personnel

Transferring from Wheelchair to Bed with Maximal Assistance

4 minutes, color/sound, order #1, for rehab personnel

Use of the Condom Appliance for the Incontinent Patient

8 minutes, color/sound, order #1, for rehab personnel

Paraplegic Ambulation:

Initial Parallel Bar Exercises

8 minutes, color/sound, order #1, for rehab personnel

Gait Training of the Paraplegic

7.5 minutes, color/sound, order #1, for rehab personnel

Crutch Balancing for the Paraplegic Patient

10.5 minutes, color/sound, order #1, for rehab personnel

Elevation Activities of the Paraplegic Patient

6.75 minutes, color/sound, order #1, for rehab personnel

Wheelchair Transfers for the Paraplegic

6.5 minutes, color/sound, order #1, for rehab personnel

The Paraplegic Patient:

Transfer from Wheelchair to Car and Reverse

4 minutes, color/sound, order #1, for rehab personnel

The Paraplegic Patient:

In and Out of Car—Patient Using Crutches

5 minutes, color/sound, order #1, for rehab personnel

The Quadriplegic Patient:

Transfer from Wheelchair to Car and Reverse

8 minutes, color/sound, order #1, for rehab personnel

The Homemaker with Weak Upper Extremities

28 minutes, color/sound, order #1, for rehab personnel

Research and the Handicapped Homemaker

41 minutes, color/sound, order #1, for rehab personnel

Management of Spasticity by Motor Point Block

5.08 minutes, color/sound, order #2, for rehab personnel

Minnesota Orthotic Control System

7.56 minutes, color/sound, order #2, for rehab personnel

The Quadriplegic and His Self-Care

37 minutes, color/sound, order #3, for everyone

Able To Live Again:

Rehabilitation of a

Quadriplegic

sound, order #4, for new rehab personnel

The Severely Handicapped Hemiplegic Adult

sound, order #5, for M.D.'s

Spinal Cord Injury:

James A. Bailey, M.D.

color/sound, order #5, for M.D.'s

Paraplegic Gait

order #6, for M.D.'s

The Patient from Bed to Chair

29 minutes, order #7, for nurses

Information Technology:

Emerging Jobs for Homebound Disabled Persons

16 minutes, color, order #8 for general audiences

Where There's a Will

25 minutes, color/sound, order #9, for occupational therapy students

Paralympics, Israel 1968

20 minutes, color/sound, order #10, for general audiences

Quadriplegia, Car Transfer (Part III)

color/sound, order #11, for patients

(continued on page 35)

PARAPLEGIA NEWS

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CONVENTION THEATRE

Quadriplegia, Driver Training

(Part IV)

color/sound, order #11, for patients

The Way Back

30 minutes, sound, order #12, for general audiences

A Candid View of Problems in Vocational Counseling

56 minutes, videotape, order #13, for vocational counselors

Adapted Dressing Techniques

13 minutes, videotape, order #13, for occupational therapists

Acute Care of the Spinal Cord Injury

57 minutes, videotape, order #13, for nurses

Long-Time Care of the Spinal Cord Injury Case

58 minutes, videotape, order #13, for nurses

Urology Lecture:

Urinary Tract Infection

42 minutes, videotape, order #13, for nurses

The Bladder Training Record

10 minutes, videotape, order #13, for nurses

Bowel Training Program

23 minutes, videotape, order #13, for nurses

The Spinal Cord Series

185 minutes, videotape, order #13, for general audiences

Self-Care

14 minutes, videotape, order #13, for nurses

Urology Care of the Spinal Cord Case

14 minutes, videotape, order #13, for nurses

Functional Ability of Four Quadriplegics at Different Levels of Injury

12 minutes, videotape, order #14, for rehab personnel

Seminar on Sex Problems of the Spinal Cord Injured Patient

55 minutes, videotape, order #14, for rehab personnel

Functions of a Paraplegic and a Quadriplegic

11.5 minutes, videotape, order #14, for rehab personnel

Ordering Information—Films are available from the following people and places. Some films are for sale; some may be rented; some may be borrowed free of charge.

- #1 Media Resources Branch
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- #2 University of Minnesota
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- #3 University Press
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- #4 Charles Long
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and Training Center
Woodruff Memorial Building
Atlanta, Georgia 30322
- #6 Eleanor Regenos
Georgia Mental Health Institute
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Atlanta, Georgia 30306
- #7 Priscilla R. Graham
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Augusta, Maine 04330
- #8 Thomas Shworles
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Medical Center
Rehabilitation Research and
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- #9 University of Connecticut
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- #10 National Wheelchair Athletic Association
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- #11 Cinema Pictures, Inc.
10212 Noble Avenue
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- #12 Ed Bonk, Director
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- #13 Education Office
Texas Institute for Rehabilitation
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Houston, Texas 77025
- #14 Kaye Kjome
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and Rehabilitation
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SPINAL CORD INJURY

1. Air emergency evacuation system.



2., 3. Ground emergency transfer system.



7. Blood pressure reading.



8. Testing for reflex arcs.



9. Placement on Stryker frame.



10. Removal of emergency stretcher.



15. Beyond the laminae.



16. Reflections in a steady eye.



A PHOTO ESSAY

4. Emergency room.



5. Correct clothing removal.



6. Preliminary trauma assessment.



11. X-ray evaluation.



12. Going in.



13. Exploration.



14. Finding the critical path.



17. The anvil chorus.



18. New Instrumentation.



(continued on page 39)

GM

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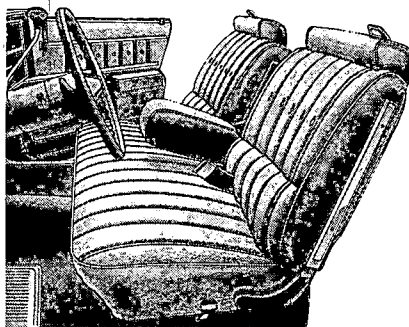
You'll find sensible value in Chevelle wagons. Especially in the new top-of-the-line Malibu Classic Estate. Priced and sized between the full-size Caprice Estate and the sporty Vega Woody, it is an attractive choice for many families.

A new look to go with a trim feel. From the new grille to the new rear bumper, it's sleek and graceful.

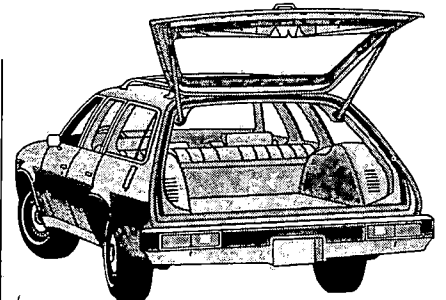
And if that sounds like unusual talk about a wagon, wait until you sample the ride. With refined Full Coil spring suspension that includes a front stabilizer, the Malibu Classic Estate is a wagon that can handle a road as well as a load.

An interior that's easy to look at and care for. Featuring a new full-foam front seat with fold-down center armrest. To go with it, there's a color-keyed instru-

ment panel, soft-rim steering wheel and new color-keyed carpeting. It's a practical interior, too, with washable vinyl upholstery



and trim. On 3-seat models there's an instrument panel tailgate release and door-ajar warning light. **A wagonload of practical features.** Including a convenient hatchback tailgate that swings up and out of the way. It gives easy access to the cargo area and



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SPINAL CORD INJURY

19. Post-operative conference.



20., 21. Alcohol block for spasm.



22. Stretching and strengthening the arms.



23. Building quadriceps.



24. Time out.



25. Maneuvering braces.



26. Crutch work.



27. Floor-to-chair transfer.





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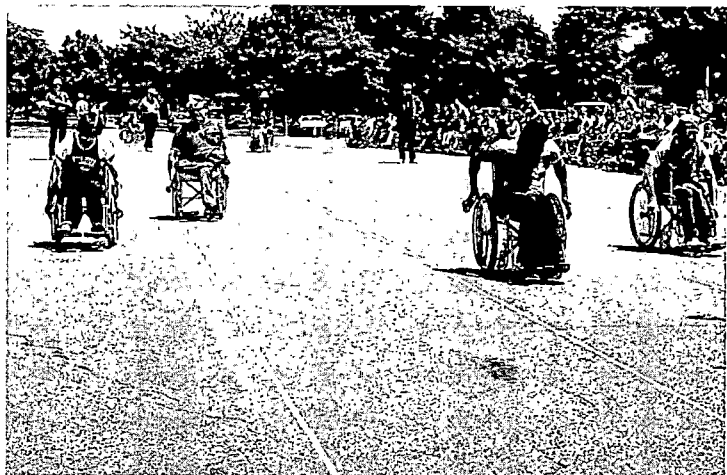
Men and women in wheelchairs are involved in a variety of sports. Historically, it started with sedentary pass-times such as ping pong, catch, and pool. Next came bowling, swimming, and volleyball. Then more vigorous sports developed—for example, water polo, softball, touch football, and basketball.

Perhaps the most popular is wheelchair basketball, which started during the mid-1940's in Veterans Administration hospitals where World War II veterans were looking for something to do with their excess energy. Some say the California chapter of the Paralyzed Veterans of America started wheelchair basketball, but the New England chapter has offered documentary evidence antedating California's claim.

National Wheelchair Basketball Association

In 1949 students at the University of Illinois, under the direction of Timothy J. Nugent, organized the first National Wheelchair Basketball Tournament. From this evolved the National Wheelchair Basketball Association, with its twelve regional conferences. The NBWA has grown from six teams in 1949 to ninety-two teams in 1974. This organization provides an opportunity for coordinated competition and standardization of rules. Also, the NWBA is dedicated to rehabilitation and has contributed over \$1 million to such

(continued on page 43)



Safety VAN LIFT

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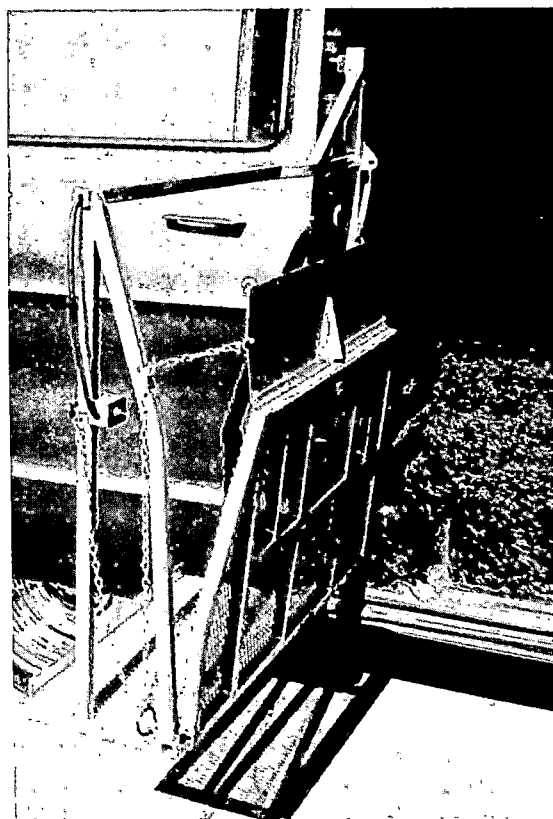
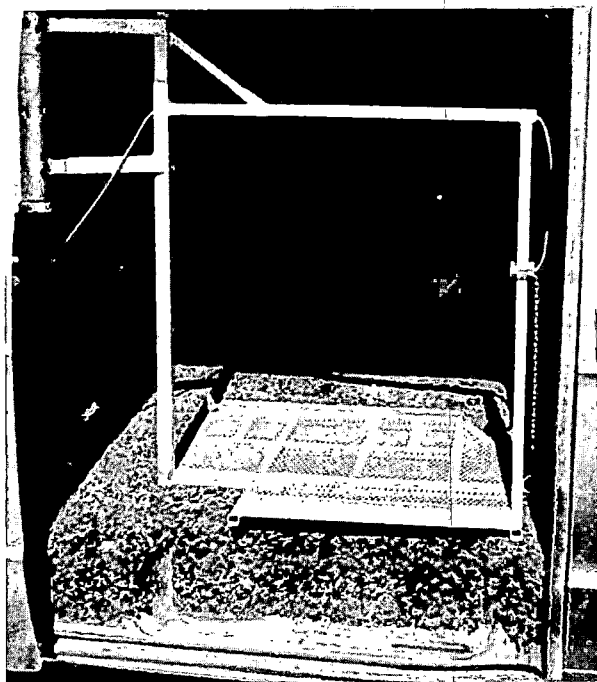
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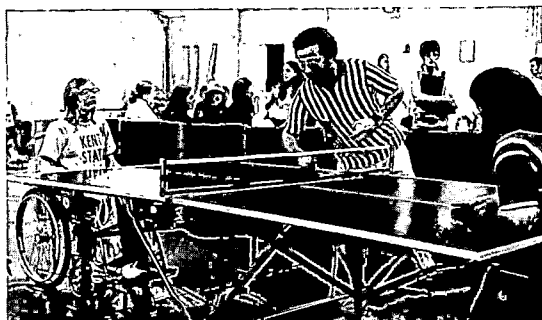
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wheelchair sports



groups as NPF, the National Polio Foundation, the Muscular Dystrophy Association, the Multiple Sclerosis Society, and the United Cerebral Palsy Association.

The National Wheelchair Games

The National Wheelchair Games started in 1957 and are sponsored each year in New York City by NPF, PVA, and the Bulova Watch Company. The games started under the supervision of Benjamin H. Lipton, director of the Bulova School of Watchmaking. Included are track and field events, archery, swimming, table tennis, and weight-lifting. Because these are all individual sports, competition is conducted in six classes according to the extent of impairment or paralysis of the participants.

Regional meets are held throughout the United States. Those who qualify move on to the national games. Finally, a U. S. team is selected.

U. S. Wheelchair Sports Fund

The U. S. Wheelchair Sports Fund is a non-profit corporation founded in 1961 to raise and administer funds to sponsor physically disabled athletes in international competitions. Each year there are international sports events in England and elsewhere, but not many Americans participate. The United States is one of the few countries in the world that does not provide government subsidies for this type of activity. Likewise, the U.S. Olympic team is not subsidized.

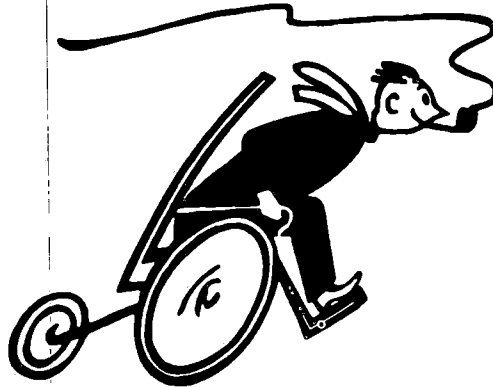
During the 15 years that the United States has sent representatives to the International Stoke-Mandeville Games in England and the Paralympics (held every fourth year at the site of the regular Olympics), American athletes have won medals in basketball, track and field, archery, swimming, table tennis, fencing, weight-lifting, lawn bowling, and billiards.

Further Information

Inquiries about the NWBA may be addressed to the Office of the Commissioner, Box 100, Rehabilitation-Education Center, Oak Street at Stadium Drive, Champaign, Ill. 61820. Inquiries about the National Wheelchair Games, NWAA, and the U. S. Wheelchair Sports Fund may be addressed to Benjamin H. Lipton, Bulova School of Watchmaking, 40-24 62nd Street, Woodside, N.Y. 11377. □



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1974-1975 Board of Directors—William Bean, Chairperson; Janet Fay; Richard Hedding; Sharon Mistler; Keith Russell; Jonathan Wilkin.

Working Committees—Visitation, Legislation, Architectural Barriers, Program, Publicity, Guidebook, Fund-Raising, Membership, Refreshments.

NCAC grew out of Opening Doors, a project started by two local SCI's, Fred Fay and Paul O'Donnell, who teamed up in 1963 to (1) visit newly injured traumatic SCI's and (2) attack the problems architectural barriers create for the handicapped. Affiliation with NPF was sought in 1964.

Situated in the nation's capitol, NCAC has been fortunate in being able to impact on major developments of interest to all SCI's. As early as 1965, NCACers Paul Kyle, Paul O'Don-

nell, and Harry Schweikert were meeting with scientists at the National Institutes of Health to encourage research on spinal cord injury. Later, NCACers met with members of the U. S. Senate in support of federal architectural barriers legislation. Past president Fred Fay has testified before congressional hearings on behalf of NPF. More recently, NCAC, particularly vice president Dick Hedding, was in the forefront of the fight to force the Washington Metropolitan Area Transit Authority to obey federal laws regarding accessibility, and the immediate past president of NCAC, Keith Russell, was named Handicapped American of the Year for his effective promotion of legislation for the handicapped at the local, county, and state levels.

Through the years NCAC has continued its visitation program; has maintained a library of information on SCI; has provided speakers for groups of nurses, physicians, and others; has worked for elimination of architectural barriers; and has supported the national NPF goals of care and cure for the spinal cord injured. A current project is an architectural barriers guide to Washington, which is being developed by NCAC in cooperation with other local groups.

NCAC meets monthly in varied locations throughout the metropolitan area. A newsletter is published monthly and will be sent free to anyone who requests it.

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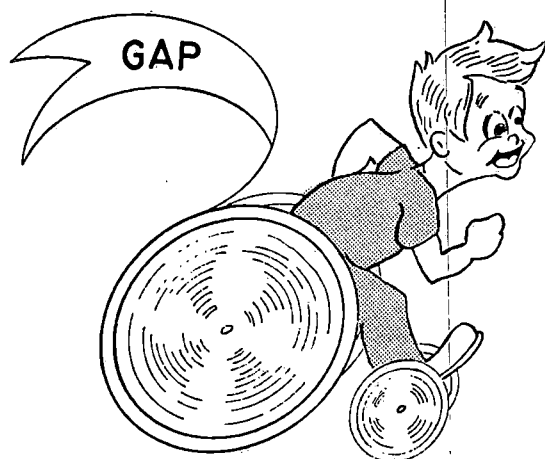
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WHAT IS PARAPLEGIA?

And What Can NPF Chapters Do About It?

Paraplegia is paralysis of a person from approximately the waist down. Quadriplegia is paralysis from approximately the neck down. Paralysis can result from injury to or disease of the spinal cord. The level of the defect determines the level of paralysis. The nature of the defect determines the nature of the paralysis. Trauma, multiple sclerosis, tumors, or abscesses usually cause loss of both motion and sensation with malfunction of internal organs. Polio usually causes only loss of motion. For the general purposes of NPF the term "paraplegia" includes quadriplegia and refers to (1) loss of both motion and sensation with organic involvement or (2) polio cases.

Each paraplegic has his own unique set of physical, psychological, social, and economic circumstances. Broad remedial measures can be devised but these must be applied individually to individual paraplegics. Problems of identification and communication make labels unavoidable, but it should never be assumed that everyone covered by a given label is alike. It is estimated that there are 150,000 paraplegics in the United States. Each of these people presents individual problems which are a matter of concern to NPF.

The High Price of Paraplegia

The impact on society of 150,000 severely disabled persons is considerable. Probably about half of the paraplegics in this country are working. The other half are dependent in some manner on family or community. Many are practically "resident" in hospitals, and many others are in need of recurring hospitalization and/or medical attention. Too few have had rehabilitation treatment. Too many are in back rooms, isolated from normal social channels.

Besides the human losses involved, the economic losses are tremendous. To the cost of medical treatment must be added loss of income, loss of tax revenue, and loss of needed skills. Society pays a high price for paraplegia—economically and emotionally.

Pooled Resources

Community organization is based on the principle that people can do collectively those things they cannot do individually. The idea probably originated when two cave-

men helped each other move a rock that was in their way. More recently community organization has been manifested in forms ranging from neighborhood fox hunts to the United Nations.

NPF is simply an application of community organization to the problem of paraplegia. Separately, paraplegics and other concerned people could do something about the problems of spinal cord injury and disease. Collectively they can do much more. Pooling resources—time, energy, money, etc.—leads to coordinated effort and at the same time makes it possible to reap the benefits of specialization.

What NPF Does

The National Paraplegia Foundation attempts to mobilize community effort more or less as follows:

The Goal—The ultimate goal of NPF is and must always be a complete cure for both new and old cases of paraplegia. Until that cure is found, the goal is to promote the best possible care for paraplegics.

The Program—NPF has traditionally and still does follow a program of research, rehabilitation, and education.

- Research refers to efforts to discover new information, principles, and techniques that will help achieve NPF goals.
- Rehabilitation refers to an essentially person-to-person technique that is used to help disabled people live full lives. In NPF, rehabilitation is primarily the responsibility of local chapters. Experienced paraplegics demonstrate to those who are newly injured or who have been isolated for a long time that something better than frustration is possible. Chapter social and sports activities are very useful for this kind of rehabilitation. NPF does not pretend to operate formal rehabilitation centers, but occasionally the organization is able to persuade paraplegics to come out of isolation and undertake active treatment at such a center.

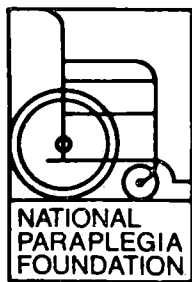
- Education refers to the preparation or purchase and then distribution of appropriate informative materials to anyone who needs them, including paraplegics and their families, medical and paramedical people, students, and the general public.

Over 25 Years of Service

NPF was formed in 1948 by members of the Paralyzed

(continued on page 49)

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What is Paraplegia? from page 47

Veterans of America and other interested persons. For a number of years the NPF chapter roster consisted of PVA chapters plus a few "civilian" affiliated groups. The first major effort to recruit civilians began in 1958-59. NPF now has many civilian chapters. Happily, several PVA chapters still maintain their affiliation. Further, PVA's financial support of NPF has been both lasting and generous.

From the standpoint of accomplishment almost all NPF activities can be characterized as "some, but not enough." The organization has supported some medical research. It has done some statistical and rehabilitation research. It has prepared or purchased and distributed a number of educational materials (including a prize-winning film) to concerned professions, paraplegics, and the public. NPF has used radio, TV, and the print media for public education. NPF chapters have done a good job in local communities—particularly insofar as social and sporting events, scholarships, provision of equipment, legislation, and broad educational programs are concerned.

Chapter Activities

An incomplete list of activities and accomplishments of NPF chapters follows:

- Provision of "consumer" lectures to schools of nursing and other schools of allied health professions.
- Participation in community commissions, task forces, *ad hoc* committees, and other organized programs for the betterment of disabled citizens.
- Support of legislation related to better care for paraplegics and improvement of the environment in which they live—with special emphasis on architectural barriers, parking rights, rehabilitation programs, accessible housing, education, and related programs.
- Contribution and/or repair of wheelchairs and other equipment essential in the daily lives of paraplegics and quadriplegics.
- Advocacy for disabled people in their dealings with public programs related to education, rehabilitation, welfare, etc.
- Public education about all aspects of living for disabled people, with particular emphasis on architectural barriers.
- Provision of information and referral services for persons with spinal cord injuries and their families.
- Person-to-person aid—making available when needed paraplegics and quadriplegics with sufficient histories of successful living to be able to competently and personally advise newcomers to the world of spinal cord injury.
- Provision of scholarships to allied health professions students and to disabled students.
- Encouragement of and participation in planning for significant programs such as those related to regional spinal cord injury treatment systems.
- Support of spinal cord injury research—sometimes directly, sometimes through the national office.

Chapters provide an enormous variety of services at the local level and also keep the national office advised about the needs of the people NPF purports to serve. By maintaining direct contact with individual paraplegics and quadriplegics, chapters develop the insight that makes realistic national and local programming possible. It should be noted that the national organization has survived, especially in times of severe crisis, because financial support was forthcoming from local chapters. □

How to Start a Chapter

1. Identify a leader. If you are reading this, you may be it.
2. The leader should learn as much about NPF as possible, starting with this journal. The NPF national office will supply additional material upon request.
3. Assemble a list of prospects. Get as many names as possible—paraplegics and quadriplegics, their families and friends, concerned medical people, civic leaders, anyone with general concern for humanity or specific concern for spinal cord injured people.
4. Form an organizational committee. The leader (you) should select a small committee of 5 to 10 people who are both able and dependable. They, in turn, should learn as much as possible about NPF.
5. Select a date and site for an initial information meeting. Avoid conflicts with other scheduled events. The site should be convenient (free of architectural barriers) and tasteful (not a pool room, for example).
6. Publicize the meeting using all available media: metropolitan and neighborhood newspapers, radio, TV, signs, posters, bulletin boards, whatever.
7. Plan the meeting well. Committee members should help draw up the agenda. Someone from the NPF national office should attend the meeting if possible; if not, be prepared to describe NPF, what it has been, is, and can be—with emphasis on local benefits. Be prepared to answer questions and draw up tentative by-laws.
8. Organize a chapter. This can be done at the public information meeting or later. These are the steps involved:
 - Enlist at least 10 members.
 - Pass by-laws.
 - Elect officers.
 - Pass a resolution to join NPF as a chapter and authorize your president and secretary to execute the agreement with NPF.
 - Send the signed agreement to NPF together with a list of members, officers, and a copy of your by-laws.
 - NPF will submit your application and other data to its board of directors for what is usually an automatic acceptance.
 - You will be notified of your acceptance and sent a charter.
9. Plan a regular schedule of meetings for the new chapter's board of directors and also for the membership. Program chapter activities for a workable period.
10. Be sure you are complying with all local laws affecting not-for-profit organizations.

NPF History

by James E. Smittkamp

On the occasion of another annual convention of the National Paraplegia Foundation it is appropriate to review what we have done. This is an attempt to do so, with apologies to anyone whose name or work is omitted. At one point in the early 1950's, most of NPF's files were destroyed by a hurricane, which accounts for some gaps in our recorded history. Where documentation is missing or vague, an attempt is made, in lieu of precise dates, to maintain sequential integrity. I make no apologies for any subjectivity that may emerge, because love of NPF—at least on the part of this writer—is not always consistent with absolute objectivity.

A Brain Child of PVA

The National Paraplegia Foundation was the brain child of members of the Paralyzed Veterans of America who were appalled by the plight of "civilian" paraplegics with nowhere to turn and who wanted to launch at least the beginning of an effort to find a cure for paraplegia. In pursuit of these goals, Gil Moss, then president of PVA, and Al Gore of Chicago talked to as many knowledgeable people as they could find about what to do and how to do it. Then the two met in Los Angeles with several representatives of the California PVA and Bob Moss of the Eastern PVA. Gil says, "Out of this meeting, the National Paraplegia Foundation was formed."

Gil Moss resigned as president of PVA to assume the position of executive director of NPF. Famed Hollywood attorney Jerry Giesler agreed to become president and helped work out the legal framework for the foundation. Articles of incorporation were drafted making NPF an Illinois not-for-profit corporation. By-laws were drawn up providing that the board of directors should include PVA representatives in addition to other citizens who have reasons for concern and interest as well as something to contribute. NPF was officially incorporated on July 10, 1948.

Initially and until 1971, NPF held its annual meeting immediately following the PVA annual session. This cut down on travel for members of both organizations and served the more important purpose of maintaining a close relationship between the two complementary groups. PVA chapters formed the bulk of the NPF organization until the late 1950's.

For about a year and a half Moss and his cohorts struggled to make their dreams into a viable reality. A landmark accomplishment of that era was the creation and convening of a medical advisory committee of incredible stature for such a small organization. This committee met in Chicago in the fall of 1948 and established a program of which the essential components are still valid today. It was recommended that NPF "... seek means of expanding present facilities for rehabilitation of paraplegic patients and ... increase our knowledge of the physiology and pathology

of the spinal cord, of pathological conditions arising out of disease of the spinal cord, and of the techniques of rehabilitation." This is basically what NPF is still trying to do, although different and slightly expanded statements are now used to say approximately the same thing. NPF had a good beginning, with able people at the helm and a valid program to pursue.

Wandering From City to City

With the unfortunate illness of Gil Moss, NPF began a "nomadic phase." The national office first moved to Richmond, Virginia, where it was under the direction of Bernard Shufelt. It remained there for about three years and then moved to the New England area for about a year and a half with Ernest Gendreau as executive director. The next move was to New York, where the Eastern Paralyzed Veterans of America provided office space. President Giesler was then given the title of honorary president, Ted Anderson became president, and Morris G. McGee was appointed executive director. Two years later McGee was elected to the presidency, retaining the duties of executive director.

It was during the New York—or Morris McGee—reign that NPF made its first major direct contribution to research. Fellowships were awarded. (The stipends in those long-ago days were in the range of \$2,000 to \$3,000 per year.) It was also during this period that NPF made its first overtures to the U.S. Congress and persuaded legislators to increase appropriations for spinal cord injury research. Another first was addition of a substantial number of "civilian" chapters. Another accomplishment was creation of a film depicting the rehabilitation of paraplegics. This film, *No Man Walks Alone*, is still in regular use.

The compulsive teacher deep in Morris McGee began to assert himself in the late 1950's. He wanted to return to the classroom. After an experiment in which a "Girl Friday" attempted to run NPF with careful guidance from the executive committee and another two years under the first non-disabled executive director, Gene Auryansen, another move was made. NPF returned to its birthplace, Chicago, under the presidency of this writer.

With the Wolf at the Door

After another non-disabled executive director had tried for a few months to manage NPF, this writer assumed that position. Then began a number of years of struggle, with the wolf continually at the door but never quite getting in for a final meal. During this period NPF's strongest programs were: creation of literature; information and referral; a two-year rehabilitation study (conceived by the New York office); and the beginning of a long campaign to persuade the U.S. Con-

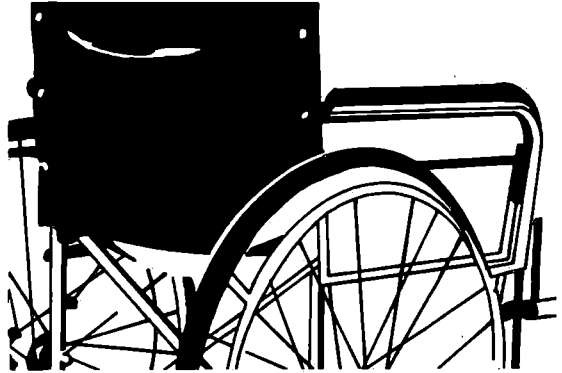
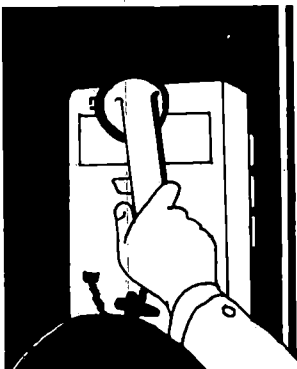
(continued on page 53)

NPF Activities and Accomplishments

These are presented at random with no regard to importance, priority, or other factors.

- Obtained financing from the Vocational Rehabilitation Administration and PVA for a successful two-year study of the rehabilitation problems of paras and quads in three states and distributed about 600 copies of a 108-page report to key individuals and organizations all over the country. (Under the direction of Donald P. Spangler.)
- Obtained financing from the Mary Duke Biddle Foundation to revise and print over 75,000 copies of the *Handbook for Paraplegics and Quadriplegics*, all of which are likely to have been distributed by the end of 1974. (Special thanks to author Alma Frost.)
- Obtained financing from PVA to write, publish, and distribute 22,000 copies of a handbook on nursing care for paraplegics. In addition there has been a second printing of 5,000; a third printing of 10,000; and a fourth printing, again financed by PVA, of 10,000. (Special thanks to authors Lois Rohrer and Judy Krenzel.)
- Created and distributed 25,000 copies of a bibliography titled *Basic Library of Paraplegia Publications*.
- Assisted in the production and distribution of Public Affairs Pamphlet #300, *Paraplegia: A Head, A Heart, and Two Big Wheels*.
- Suggested and, with PVA, assisted in the writing of a new National Institutes of Health pamphlet, *Spinal Cord Injury—Hope Through Research*, and distributed over 25,000 copies to interested persons.
- Substantially financed and obtained exclusive ownership of a 27½-minute black and white sound film, *No Man Walks Alone*, narrated by Frederick March and Eli Wallach. Arranged hundreds of screenings, some on TV, for this film depicting the rehabilitation of a paraplegic.
- Created and distributed uncounted thousands of promotional pieces.
- Arranged and participated in numerous radio and TV shows, including at least four 1½-hour TV shows in Chicago.
- Stimulated and cooperated in the writing of many newspaper articles.
- Co-sponsored, with and for the National Society for Crippled Children and Adults, a 90-minute institute on paraplegia for their 1964 conference.
- Co-sponsored, with and for NSCCA, a similar conference on nursing care of paraplegics for their 1966 conference.
- Reprinted, or otherwise acquired, and distributed thousands of pamphlets, technical papers, booklets, etc., from outside sources.
- Helped bring about and participated in the 1966 Paraplegia Workshop conducted by the National Institute of Neurological Diseases and Blindness.
- Cooperated, in varying degrees, with such agencies as the National Committee for Research in Neurological Diseases, National Society for Crippled Children and Adults, National Society for Medical Research, Paralyzed Veterans of America, American Medical Association, American Rehabilitation Foundation, and Christopher Founders.
- Contributed articles to *Paraplegia News* and other magazines, including the *New Physician*, which has a circulation of more than 50,000.
- Answered thousands of inquiries from all over the world—sometimes simply with a piece of literature, sometimes only after extensive research, and sometimes by referrals to our professional advisors.
- Recognized with awards unusual achievements furthering the interests of paraplegics and quadriplegics.
- Testified at many Congressional hearings, with early presentations (1957-58) resulting in a \$350,000 appropriation for paraplegia research after testimony by L. W. Freeman and Morris McGee and later presentations related primarily to creation of spinal cord injury treatment systems and research finally bringing some progress.
- Obtained two-thirds of the financing (from the federal Social and Rehabilitation Service in 1970 and from the National Institute of Neurological Diseases and Stroke in 1972 and 1974) for three international conferences on regeneration of the spinal cord and distributed published proceedings of all sessions.
- Sponsored an American tour by Sir Ludwig Guttmann, distinguished British expert on spinal injury care, in order to publicize the need for SCI centers in the United States.
- Obtained financing from the federal Social and Rehabilitation Service (through Northwestern University and the Rehabilitation Institute of Chicago) for four conferences on continuing education in treatment of spinal cord injuries, with widening participation and sponsorship and increasing distribution of printed proceedings.
- Assisted a member of the NPF Medical Advisory Committee in obtaining from a large foundation a substantial grant for research on spinal cord regeneration.
- Obtained through an NPF board member a television fund-raising spot narrated by Raymond Burr and asking for donations to NPF to support "proper care and rehabilitation for spinal cord injured people." (Thanks to Grey-North Advertising of Chicago.)

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gress to appropriate money for spinal injury treatment and research. With the exception of one year during which Norman A. Erbe was in the "hot seat," this writer served as executive director until 1972, under the presidencies of Ben Geleman, Dwight D. Guilfoil Jr., William L. Arnold, Loring P. Gillespie Sr., Alan A. Reich, and Timothy J. Nugent. Considerable financial support for special and general purposes came from the Paralyzed Veterans of America. Without PVA, life would have been considerably more difficult for NPF.

During the last half of the current Chicago phase, a number of innovations substantially changed the level of NPF activities and, it must be said, increased the burden on the national staff. Under the presidency of Alan Reich, the medical advisory committee was reconvened after a hiatus of 20 years. A scientific advisory committee and biennial scientific conferences were instituted. The William Thomson Wakeman biennial research award was established and was given for the first time in 1972. A formal study of a potential regional system for dealing with spinal cord injury was conducted in New England with Veterans Administration financing.

Leaving the Nest

Then, under the presidency of Tim Nugent, a momentous step was taken. The annual meetings of PVA and NPF were separated. This was done to allow NPF to develop its full potential in an annual meeting, not to lessen the closeness of the PVA/NPF relationship. The success of the venture is proved by the statistics. At the 1971 NPF convention, registrations were up to 350, as compared to about 50 the previous year. Total attendance was up from about 100 to 500. Attendance by doctors was up from perhaps 4 or 5 to 30 plus. Attendance by allied health professionals was difficult to estimate but was probably up by several hundred per cent. The 1972 and 1973 conventions saw numbers rise to new highs. There was also substantial increase and improvement in extra-curricular activities.

But numbers do not tell the whole story. The addition of sophisticated medical/scientific conferences did much to disseminate knowledge about spinal cord injury and add to NPF's prestige. Extremely important cooperation was obtained from Northwestern University and the Rehabilitation Institute of Chicago, especially in getting financial assistance from the federal Social and Rehabilitation Service. Other sponsors of these medical/scientific conferences have been the Illinois Division of Vocational Rehabilitation, the University of Minnesota Medical School, Indiana University Medical Center, Ohio State University School of Medicine, and the Indiana Rehabilitation Service.

Since 1971 annual conferences on spinal cord injury have been held for allied health professionals. At the 1972 conference a dramatic demonstration of proper removal of injured persons from wrecked autos generated wide publicity about this and more general aspects of spinal cord injury. Hopefully, some knowledge was spread. These conferences led to another NPF innovation: creation of an allied health professions advisory committee.

A number of changes have been made to improve the NPF annual convention. These include expanded community action workshops; a luncheon and conference for chapter presidents; commercial and chapter exhibits; publication of a convention program; curbstone sessions; visits during the convention to nearby government agencies; and enlightened discussions and workshops relating to human

sexuality and its implications for disabled people.

An Emerging Power

The benefits of solo conventions accrue to NPF not only during the four or more days of sessions during the summer but also throughout the year. Increasingly NPF is a source of information about spinal cord injuries for concerned professionals, afflicted persons, and their families. More and more NPF representatives are sought out by committees, task forces, advisory councils, and commissions at national as well as local levels. NPF has nearly doubled its number of chapters, and more are on the verge of formation.

The Midwest Regional Council now has a chapter membership of 23. State councils are functioning in Wisconsin and in Indiana, and a *de facto* state council exists under the banner of the Massachusetts Association of Paraplegics.

Though NPF now has its separate convention, it continues to work cooperatively with PVA. PVA still provides occasional financial assistance, the latest being a grant to print the fourth edition of NPF's *Nursing Handbook*. Many PVA chapters are using NPF literature, and NPF uses some of PVA's publications. Occasionally, joint presentations are made to legislative bodies when common interests exist. Several PVA members are on NPF's board of directors—indeed, PVA's current president, Frank DeGeorge, is a member of NPF's executive committee.

Concurrent with changes brought about by the independent conventions has been immense improvement of NPF's newsletter, *Squeaky Wheel*. It is now more of a magazine than a newsletter. Jan Little has given it a new and better life, with professional editing, good appearance, and partial self-support through advertising sales. Circulation is more than 9,000, and the price of a subscription is interest in the problem of paraplegia. This writer is the current editor. With graphic assistance from printer Bob Straits, *Squeaky Wheel* has grown to a full-size 8½ by 11 format.

Challenges for a Small Staff

Throughout the history of NPF, the people responsible for the day to day business of the foundation have been plagued by financial insecurity related to keeping NPF functional and, for the paid staff, making a living. In addition the recent upsurge of NPF activity has placed an enormous load on the national office staff, and it gets worse by the day. Those of us who have accepted volunteer leadership roles must accept this situation as a challenge.

NPF now has about 45 chapters. Ideally, one or two staffers should be assigned exclusively to administering and expanding this program. The increasing demands on NPF for information could easily keep at least one person busy answering inquiries and creating new literature. Public relations and fund-raising are essential chores that should have the full attention of a staff person. Other areas that need to be covered are: coordination for NPF advisory committees; liaison with government and other agencies; legislation; records, filing, minutes, etc.; and general overseeing of the entire NPF operation.

NPF has an office staff of four. There should be at least double that number.

Our mandate as leaders, members, and friends of NPF is to keep trying harder. The welfare of 200,000 American paraplegics and quadriplegics depends on it. After reading this history, I hope you will feel proud, but dissatisfied and a little uncomfortable, for these attitudes are the keys to progress. □

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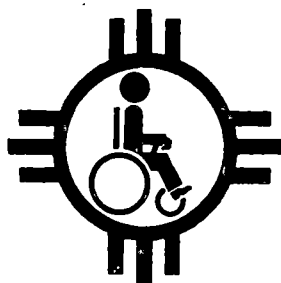


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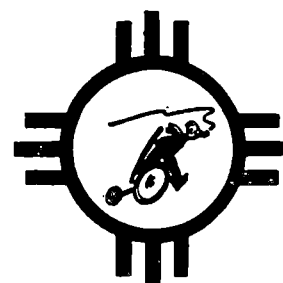
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L. W. Freeman Chapter, 1968

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Greater Milwaukee Area Chapter, 1970

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Massachusetts Association of Paraplegics, 1972

Massachusetts Association of Paraplegics, 1973



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Questions and Answers

FOR PEOPLE WHO AREN'T NPF'ers

What is Paraplegia?

Paraplegia is paralysis of a person from the waist down; quadriplegia is paralysis from the neck down. NPF uses the term paraplegia to indicate either condition.

What Causes It?

How Many Paraplegics Are There?

Damage to the spinal cord from injury or disease. Paraplegia occurs at a rate of 5,000 to 10,000 cases per year. At present approximately 150,000 Americans suffer from this affliction.

Who Are They?

Men, women, and children—however, most new injuries happen to men between the ages of 15 and 30.

Can It Be Cured?

Generally, no. However, with the knowledge currently available some cures have been effected when the cord damage was minimal and competent treatment began within a very few hours. Proper handling of the victim at the injury site and immediate transportation to a spinal cord injury center are very, very important.

What Can Be Done?

Techniques of good treatment are known but are not adequately available to all victims. Disability can be minimized and the victim taught to make maximum use of his remaining abilities.

Where Can It Be Treated?

Unfortunately, very few facilities can provide adequate treatment. Few, if any, can give complete one-stop treatment. Many more spinal cord injury centers are needed.

What Does It Cost?

At current rates the initial hospitalization and related expenses amount to a minimum of \$25,000 (for a quadriplegic, \$50,000). Total lifetime expenses directly relating to a spinal cord injury will run \$50,000 to \$225,000. If the victim is not treated at a good center these costs can be doubled or tripled.

Who Pays These Bills?

Insurance is usually inadequate. The victim and his family—or the community—end up bearing the bulk of these costs, which can easily wipe out the family's resources.

What Can Rehabilitated Paraplegics Do?

Properly trained and placed, as much as anyone else. What they need is a chance and an environment free of architectural and attitudinal barriers.

Who Speaks For Paraplegics?

Only NPF speaks for all American paraplegics and quadriplegics.

What Is NPF?

NPF is a voluntary health agency concerned with the total problem of paraplegia. It is made up of people who are paraplegics and people whose motivation for membership is an interest in the problem. It is composed of a board of directors, a small national office and staff, professional advisory committees, chapters around the country, and individual members.

How Is NPF Supported?

Membership dues, sale of literature, a small number of grants for special projects, and—primarily—contributions from organizations and the general public.

What Does NPF Do?

Priority goals and programs are:

- To bring about the best possible medical care and treatment for paraplegia victims throughout the United States.
- To stimulate relevant research, especially basic medical research, toward a cure for paraplegia.
- To help individual victims of paraplegia achieve their own rehabilitation goals and live as normal and productive a life as possible.

How Can I Help?

You can help by doing one or more of the following:

- Send a contribution to the National Paraplegia Foundation.
- If you are an employer, hire a qualified paraplegic to fill your next job opening.
- Join the National Paraplegia Foundation, or its local chapter, and work with NPF toward the achievement of its stated goals.

How Can I Get More Information?

Fill out the form below and mail it to the National Paraplegia Foundation, 333 North Michigan Avenue, Chicago, Illinois 60601.

I am interested in learning more about paraplegia and NPF.

Please send, free of charge:

- ☐ *Squeaky Wheel*, a monthly magazine
☐ Publications List

Enclosed is my check for:

- ☐ A Contribution
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Levels of Membership:

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Mail to the National Paraplegia Foundation, 333 N. Michigan Avenue, Chicago, Illinois 60601.

MAKING IT BIG

In May of this year, H. Keith Russell, a member and past president of the National Capital Area Chapter of NPF, was named Handicapped American of the Year by the President's Committee on Employment of the Handicapped.

"I plan to run my mouth a lot like I've done before and educate as many of the uneducated as possible," he says. "The award will give me a chance to go to a lot of different places and talk to a lot of different people."

Russell was nominated for the 1973 award, but nothing came of it. He paid little attention when he was nominated again this year by the Maryland Governor's Committee on Employment of the Handicapped.

"The first time I thought about it was in January when they told me I had won," he says.

Russell, who contracted spino-bulbar polio at the age of 20, wears leg braces and uses crutches and occasionally a wheelchair. He is an histologist. His job, as he puts it, is to "cut up pieces of people." Working with specimens from all over the world, he prepares slides that are used to study unusual diseases. He is chief of the Geographic Pathology Branch, Histopathology Laboratory Division, Armed Forces Institute of Pathology.

A Successful Amateur Lobbyist

Aside from his career, Russell has been highly successful in making life better for handicapped people. Beginning in Montgomery County, Maryland, a suburb of Washington, D. C., he worked to obtain special parking privileges for the handicapped, accessible shopping centers, curb-ramping ordinances, and an end of discriminatory employment practices.

Russell was instrumental in seeing to it that the physically and mentally handicapped were added to the list of minorities for whom civil rights are guaranteed in the state of Maryland. It used to be that handicapped people had to prove that employers who refused to hire them were discriminating unfairly. The new law places the burden of proof on the employer.

"The employer has to prove that you can't do the job. You don't have to prove that you can," says Russell.

Now he is turning his attention to vocational training for the handicapped. He has just been appointed to the Montgomery County Manpower Commission. This post will give

him an opportunity to help decide how much manpower money should be spent on services for the handicapped.

As a result of some of Russell's work, the state of Maryland passed a law granting disabled drivers special parking privileges and the use of identifying license plates embossed with the wheelchair symbol of accessibility.

"I just got tired of paying tickets," he says.

First he got the county to pass a law authorizing special parking stickers. Then the president of the county council put him in touch with a state senator with whom Russell worked for two years to get the state law passed.

Saving Gas on Television

When the energy crisis came along, Russell started pressuring the powers-that-be to establish fair gas rationing policies for handicapped people who must drive or be driven. He even took to the streets. Buses were going around in those days with signs that said, "Are you still driving? Bus riders save fuel."

"It kind of ticked me off, because I *couldn't* ride a bus and save fuel," says Russell. "So I had a fellow get one of those signs off the back of a bus. Then I stuck the sign on my wheelchair and got out in the middle of 16th Street—after I had called the TV stations."

Russell finds that action pays off. When he heard that the National Zoo was to be remodeled, he immediately wrote and telephoned zoo officials and persuaded them to make the zoo accessible to people of limited mobility. When he was waiting for an airplane one day, he got in touch with National Airport management and convinced them to set aside special parking places at curb-side and mark them as reserved for severely handicapped people. Later he contacted Baltimore-Washington International Airport and Dulles Airport, where the same types of arrangements are about to be made.

Barriers Bug Him

"Architectural barriers make me madder than anything," says Russell. "They're so useless, senseless, and unnecessary. If people would just think before they build something. It doesn't cost any more to make a building accessible than it does to make it inaccessible—as long as you deal with



Handicapped American of the Year Keith Russell has the full attention of Vice President Gerald Ford and Harold Russell, chairman of the President's Committee on Employment of the Handicapped. He has just been awarded the President's Trophy and is making his acceptance speech.

the access problem while the building is still in the planning stages."

Russell is working hard to push through a bill that has been introduced in Montgomery County. It would require that all new construction—any place that is used by the public, including apartments—be accessible to the handicapped. In addition, if 50% or more of a structure were rebuilt, the entire facility would have to be made accessible.

"It will probably be the best architectural barrier legislation in the United States—if it's passed," says Russell.

Getting People Interested

Russell has prepared a slide show and lecture about the handicapped that he presents to local civic groups. He finds that most members of the public are unaware of the problems that complicate life for the handicapped.

"People just don't realize," says Russell. "I tell them."

Often he is asked to talk about the good things that have been done for the handicapped, but instead he usually ends up discussing the bad things that remain to be remedied. Most of the time the response to what he says is friendly and helpful.

That's how he got into the parking sign business. A Rotarian who is a sign-maker heard one of Russell's talks. The man helped Russell design a sign that can be used to reserve parking places for the handicapped. Then, for a

bargain price, he made up a supply of the signs and encouraged Russell to sell them to raise money for the National Capital Area Chapter of NPF. (See advertisement on page 66.)

Russell has been a member of NCAC since 1971. He thinks groups like NPF have an important role to play. He also feels strongly that persons with different types of disabilities should cooperate with each other and pursue common interests jointly.

"In groups, there is strength," he says. "There are a lot of things we can do together."

A Family Man Who Fiddles

Russell and his wife Nancy, both natives of Tunkhannock, Pennsylvania, have two daughters, six and seven years old. They live in Silver Spring, Maryland. Every summer they pack a tent into their car and go to Vermont for two weeks of camping. This year they are leaving the day after the NPF convention.

Russell holds a degree in animal husbandry from New York State University of Agriculture. He used to earn his living as a professional bass fiddle player and still accepts occasional paid engagements at night clubs in the Washington area. He doesn't read music. He does build stringed instruments such as the dulcimer, autoharp, and harpsichord. And he plays all of them. □

**Welcome
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**Welcome to Washington
from the
Capital Area Chapter**

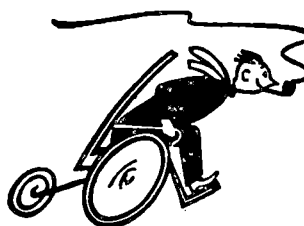


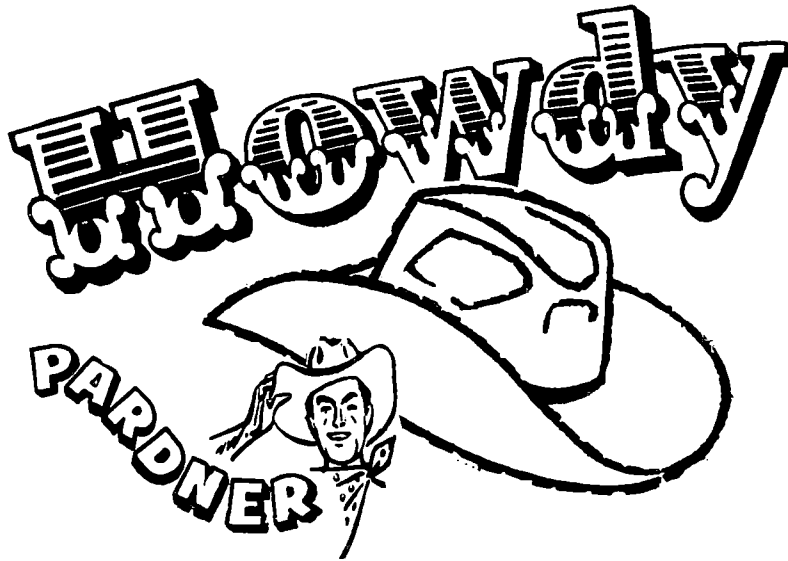
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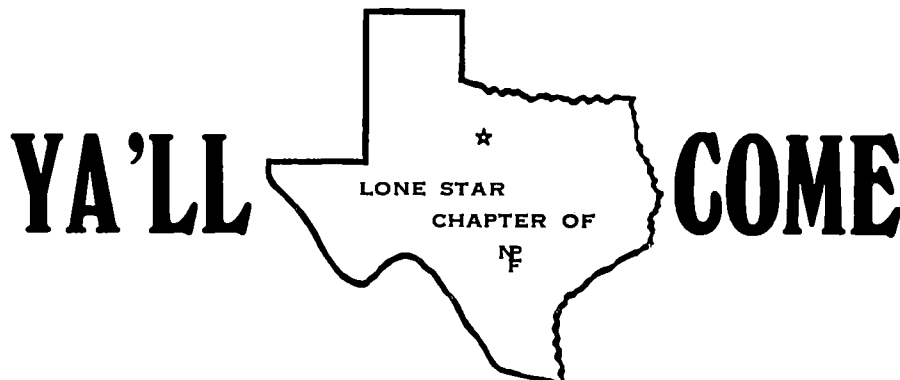
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David Who?

The New NPF Executive Director



At its April 11 meeting the executive committee of NPF voted unanimously to hire David Ross Williamson as the new executive director.

Twenty-eight years old, Williamson comes originally from Evansville, Indiana. While a very young post-polio paraplegic, he watched the executive director of a rehab center jump his wheelchair up a curb. It made an impression on Williamson and may have been a major factor in his later becoming one of the top wheelchair athletes in the country and the world.

After going to Mater Dei High School in Evansville, Indiana, Williamson attended Southern Illinois University in Carbondale. He earned a B.S. in accounting and an M.S. in administrative rehabilitation. Student activities included work as a student accountant, dormitory supervision, summer internship at a rehab center, and coordination of Handicapped Student Services. He and other students helped to bring this last organization into being.

Williamson has been coordinator of homebound training programs for the Iowa Easter Seal Society, director of personnel and rehabilitation for Goodwill Industries of Cleveland, and area supervisor for the Indiana Rehabilitation Service. He has also been a consultant to Cleveland State University in connection with their grounds, facilities, and services for handicapped students. Williamson's various responsibilities have involved a great deal of traveling, speaking, organizing, and fund-raising.

While in Cleveland, Williamson was an active member of the Northeast Ohio Chapter of NPF. Later, when he moved to Indianapolis, he joined the L. W. Freeman Chapter. Wherever he has gone, he has maintained memberships in professional societies and has been active in wheelchair sports.

Williamson began his athletic career in 1964. Since then he has participated in regional, national, and international competitions. To date he has accumulated 16 national championships and 33 gold medals at the international level. He currently holds world records in javelin, the discus, the shotput, and the pentathlon.

Williamson and his bride of one year, Peggy, have moved with their two dogs into an apartment on the northwest side of Chicago. □



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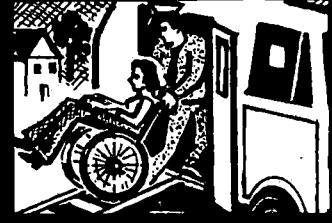
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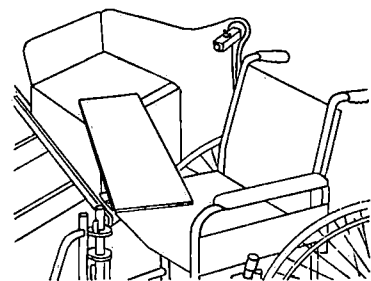
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Speedy Strikes Again

The Speedy Award is the highest citation given by the Paralyzed Veterans of America. Each year it is presented to one disabled person and one non-disabled person who have contributed substantially to bettering the lives and potential of spinal cord injured people throughout the nation. The 1974 Speedy Award winners are Essie Davis Morgan in the non-disabled category and Harold Willson in the disabled category.

Morgan



Willson



A Dedicated Woman

Morgan is a social worker. Her career started in 1949 at the Veterans Administration hospital in Tuskegee, Alabama, where she became chief of the social work service, helped inspire the VA's first major effort to place improved psychiatric patients in community foster homes, and worked to bring about racial integration of patients and employees.

In 1965 she was promoted to a position in the VA central office in Washington, D. C. In 1972 she became Health Service Officer and Chief of Socio-Economic Rehabilitation and Staff Development for the VA Spinal Cord Injury Service.

Much of her career has been dedicated to work on behalf of spinal cord injured people. In 1972 she was responsible for the production of a comprehensive source book on rehabilitating the person with spinal cord injury. Earlier that year she worked with a special group to develop a hemodialysis research project for paralyzed veterans at the Long Beach (California) VA hospital. She heads up the Comprehensive SCI Training Committee in the VA central office and also the Committee to Promote Better Education and Employment Opportunities for the Spinal Cord Injured. She also helped bring the hospital-based home care program to spinal cord injury centers. She is a member of the NPF Allied Health Professions Advisory Committee.

A Persuasive Man

Willson, a paraplegic from California, conducted a one-man campaign to have architectural barriers removed from the San Francisco Bay Area Rapid Transit System (BART). He is a staff assistant to the controller of the Kaiser Foundation Health Plan in Oakland, California. He drives to work, but when plans for construction of BART were announced a decade ago, he looked forward to using the new system.

"I casually inquired about the arrangements being made to accommodate those in wheelchairs and was appalled to find that they had been overlooked," says Willson.

After months of obtaining endorsements and support, Willson persuaded BART's directors to alter their plans so that facilities for the handicapped could be added to the new system when funds became available. Next, Willson obtained cost estimates and importuned state legislators to come up with the money. The result? The BART system, now near completion, is free of architectural barriers.

Willson is known as an articulate and well-informed spokesman for the handicapped. He has fought successfully for agreements and legislation related to curb-ramping, employment of the handicapped, transportation problems of the elderly, and accessibility of public buildings.

Willson attended West Virginia University in pursuit of a degree in engineering. In 1948 while working as a coal miner to earn money to return to college, he was injured in a mine cave-in. Since then, he has used a wheelchair. □

THE WHEELS

by Joseph H. Owens Jr.

Appropriations . . . authorizations . . . markup . . . oversight . . . veto . . . H.R. 8070 . . . S. 1875 . . . the Chairman . . . ranking minority member . . . reports . . . the Conference Committee . . . —these things are all important to rehabilitation. Yet, these words have a way of "turning off" many people who are dedicated to the rehabilitation of handicapped persons.

As in many things, the sounds of the words are much more frightening and complex than are their meanings. It is important that interested citizens know the basics of presenting their views, no matter what the cause or special interest, to their Members of Congress. In our system of representative government, this is the lifeblood of democracy.

The Right Thing at the Right Time

An organization, regardless of its size, is only as strong as its individual members are willing to make it. Well-organized leadership is important, but an active and informed membership is vital. No matter who is the president or di-

rector of an organization, he is powerless if his membership is apathetic.

A basic understanding of what activates a Member of Congress, the functions of a Congressional office, and the legislative process are essential to any effort to influence proposed legislation. Rather than go into great detail, I shall provide only some basic information which may prove useful.

Responsibility to the People

The voters in a Congressman's own district or a Senator's own state are the people to whom he is directly responsible, and to whom he is most responsive. A letter to a Member of Congress from the executive director of a large organization is meaningless, unless, of course, he shows that Member that he represents interests vital to his constituency. Otherwise, it will most likely be dropped in the wastebasket.

However, correspondence from citizens in a Member's district receives more than a passing glance. At the very least, such correspondence elicits a written reply. At the most, letters from individuals representing a group whose campaign is well-organized and thoughtfully planned can have a significant effect on the resulting legislation.

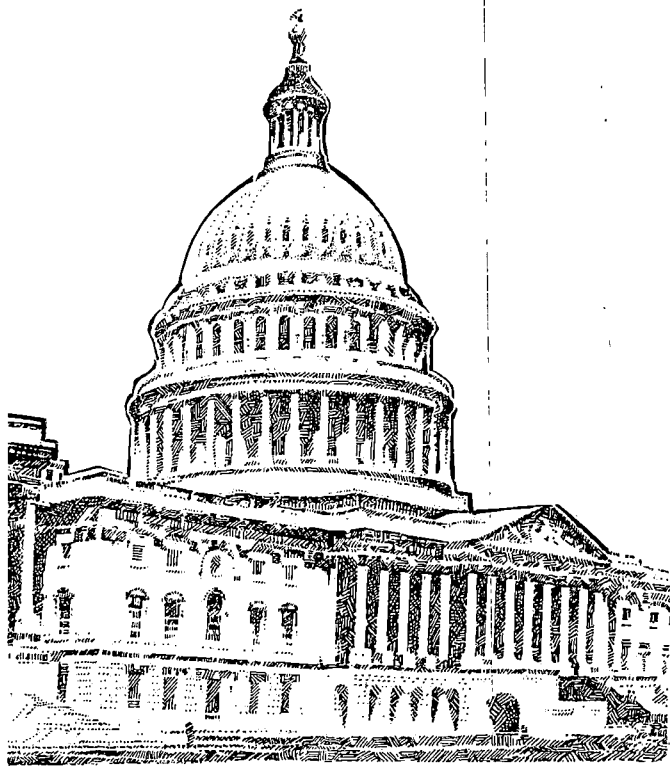
Thus, the first and most important rule in getting a Member of Congress to respond to an individual or to a group is to see that the *right* Member of Congress is contacted. If an organization is made up of individuals representing many states, it can make its voice heard most effectively by having each individual contact Congressmen and Senators from his own state.

Functions of a Congressional Office

Although the organization of Congressional offices may vary somewhat, all offices perform the same basic functions: responding to constituent mail, helping with individual and collective constituent problems, engaging in public relations, coordinating projects and grants, and working on legislation.

The letters which pour into a Congressman's office—often hundreds each day—represent a cross section of his constituency and may deal with hundreds of individual problems. But all have one thing in common. Each asks that Member to do something.

A Congressional office generally has from one to several staff members called "caseworkers." These staff members deal with problems which require more than one letter to be written—sometimes over a period of time—thereby accu-



OF CONGRESS

A primer on legislative procedure

Adapted from the *Journal of Rehabilitation* (March/April 1974) by permission of the author and the National Rehabilitation Association.

ulating a case file. It may take only a short time for the case to be closed, or it may take many months. A case file may deal with any one of a number of problems—an individual's claim for Social Security disability benefits, a serviceman's effort to be released early to attend school, or a citizen's attempt to get the road repaired in front of his home. Since each person who writes to a Congressman with a problem of this sort is a voter or a prospective voter, many hours each day are devoted to casework.

The public relations function, handled by the press assistant, is important to both the Member and to the constituent. If a Member has poor public relations, his chances for re-election may be diminished greatly. At the same time, the constituency profits when the Member has good public relations, since they are given the opportunity to be well-informed about what their representatives in Congress are accomplishing, and therefore are better able to make a rational decision at the polls. The hometown newspapers are generally kept constantly informed of what the Member is doing in Washington—what legislation he is working on that relates to the district, what Federal funds he has obtained for the district, and how he votes on important pieces of legislation. Many Congressmen and Senators send out periodic newsletters to the voters in their districts. Such information, whether in the form of speeches, news articles, interviews, or newsletters, is important and pertinent to the constituent and his problems.

Projects and Grants—More important to the district, since it affects the greatest number of people, is the coordination of applications for projects and grants. There are many types of Federal grants which are available to the states, such as water and sewer grants, funds for hospital expansion and construction, low-income housing projects, and monies for improvement or construction of airport facilities. It is a real "feather in the cap" for any Member when such a grant falls in his district, and Members devote considerable time to obtaining them. While other commitments may have prevented him from taking an altogether active role in the effort, local papers often give him full credit for having done so.

Legislation which provides funds for projects such as these is called "porkbarrel legislation." This type of legislation meets with little or no opposition in Congress. It is generally considered good politics not to oppose a bill providing money for projects and grants to the home district.

The Legislative Assistant—Most people mistakenly believe that a legislative assistant in a Congressional office

spends his time writing bills. Although he may occasionally do this, or more likely commission it to be done, the majority of his time is taken up studying bills already introduced by other Members and recommending to his own Congressman whether he should become a co-sponsor of such a bill. He will recommend also if the Member should support a particular piece of legislation, study the effects which such a vote may have on the district, and answer mail from constituents who write urging the Member to vote a certain way.

Should the Congressman be the initial sponsor of a piece of legislation, the legislative assistant will follow that bill through the entire legislative process from introduction to enactment, or as far as it progresses. He will write testimony for the Congressman to deliver before the committee which considers the bill, write a speech for his Member to deliver on the floor during the debate, and plan what is termed "floor strategy" for when the bill is being debated and voted on by the Congress.

In any of these functions, assistance from informed and interested parties is welcomed by a busy legislative assistant.

The Committee System

Both the House and the Senate have various committees, each of which is divided into numerous subcommittees, and each Member is assigned to one or more committees. When a Member introduces a bill, it is referred to the committee which has jurisdiction over that particular area of legislation. For example, the House Interior and Insular Affairs Committee is divided into subcommittees on the *Environment, Indian Affairs, Water and Power Resources, Mines and Mining, National Parks and Recreation, Public Lands, and Territorial and Insular Affairs*. Each of these subcommittees handles bills dealing with that area of legislation.

The number of bills which are introduced each year and the number which actually become law do not coincide in the least, the former being considerably larger than the latter.

After a bill has been referred to the proper committee, considerable pressure must be applied before it passes beyond this initial stage. The public, the sponsors, and the Administration must show strong interest in it. Another extremely vital factor in determining whether a bill gets past this stage is whether the committee chairman shows an interest in the legislation. If the chairman likes the bill, and if sufficient pressure from other sources is applied, then hearings may be scheduled. Otherwise, the bill dies

(continued on page 71)

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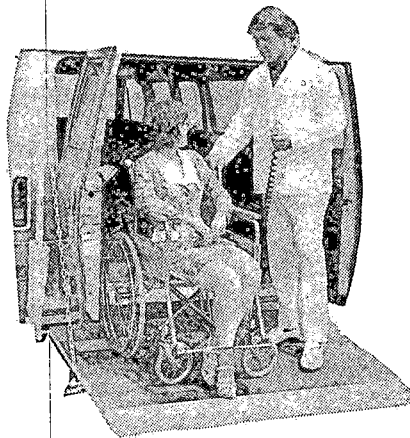
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Hearings on a Bill—Should hearings be scheduled on a bill, the sponsors are given the opportunity to testify first in favor of their bill. They are followed by Administration witnesses from the agency responsible for administering the bill if enacted. Finally, public witnesses, representing groups having an interest in the legislation, are given the opportunity to testify in favor of or against the bill.

It is often said that "the real work of Congress is done in the Committees." Not only is a great portion of each Member's time spent in committee work, but it is the committee members who actually write the bills in the form in which they finally appear. Rarely does a bill reach the floor unchanged.

Reporting the Bill—After the hearings have been concluded, the subcommittee staff prepares what is called a "subcommittee draft." If the chairman then wishes to see the bill reach the floor, he will schedule a "markup session," at which changes and amendments will be made by members of the subcommittee. After that markup session is completed, the full committee must schedule a second markup session. The full committee then must vote on the bill, and if a majority votes for it, it is ordered reported. At this point, the staff will prepare the committee report, which is a document explaining the committee's intention as to what the bill is supposed to do. The report must also be approved by a majority of the committee members, and if this is done, the bill is reported to the floor for a vote.

Life or Death for Legislation—In the Senate, once a bill has been reported, the leader of the majority party decides what bills will be scheduled for floor action and when. In the House, the committee chairman must request a hearing before the Rules Committee, which schedules legislation on the floor of the House. The chairman of the Rules Committee is a powerful and influential man, since this Committee literally has the power of life or death over a piece of legislation. Should the Rules Committee not wish to see a bill reach the floor for vote, it need not report the bill out of the Committee, in which case it dies. Otherwise, the Committee will grant a rule setting up the ground rules for floor action. If they grant it an "open rule," amendments may be offered on the floor, in which case the bill can conceivably be altered considerably by amendments. If a "closed rule" is granted, the bill must be passed or rejected without amendments. The Rules Committee also limits the time allowed for debate on the bill.

A piece of legislation must pass both the House and the Senate before it can be sent to the President for his signature. If the bill fails to get a majority vote in either House, then it is dead. A bill may pass both the House and the Senate in identical form, in which case it may be sent to the President immediately.

Both Chambers in Different Forms—Often, however, the bill will pass both chambers in different forms. When this happens, a conference committee, composed generally of selected members of the House and Senate committees which considered the respective bills, must be appointed. The conference committee meets as many times as necessary to iron out the differences between the two versions and to produce a compromise bill. Both the House and the Senate must then pass the conference version, and it is then sent to the White House for the President's signature. The President has the option of signing the bill, in which case it

becomes law; or vetoing it, in which case both the House and the Senate must pass the bill a second time, but this time by a two-thirds vote, in order to override the veto. However, the Congress is rarely able to muster enough support to override a veto.

Legislative Strategy

An organization's strategy, whether they work through individual Members of Congress or through committees, will depend upon what stage the legislation has reached. State affiliation and committee assignments may also affect the group's strategy.

If the bill has already been reported out of committee and is about to be considered on the floor of either chamber, the time is ripe to let individual Members know what effect the bill will have on their districts and their constituents. It is particularly essential at this point that each member of the organization write, wire, or telephone his own Representative or Senators to express his interest in the pending legislation. A Member of Congress is responsible to, and therefore, usually only responsive to, voters from his own state.

Brevity Important—In writing to a Member of Congress, it is important to be as brief and as concise as possible. At the same time, it is important to give all the pertinent facts. For example, if one wishes the Congressman to support a certain bill, it is necessary to tell the name of the bill and the number (for example, H.R. 8070, the Rehabilitation Act of 1973), and briefly tell why one supports the bill. It would also be helpful to remind the Member that the writer is only one of many people in his district who favor the legislation and will be helped by it. If available, specific figures on the need for the bill and its impact should be included.

When time is of the essence, a telephone call to the office of the Member can be very effective and can spur prompt action. However, one should not be insulted if he asks to speak to the Congressman and is referred to a staff member. Congressmen and Senators spend a great deal of time in committee meetings, on the House or Senate floor, meeting with constituents, and performing numerous other necessary duties. Should one be unable to speak with the Member directly, it is important to speak with a staff member who will know how to deal with the request. The receptionist is usually not the one to tell. Your message will be handled more quickly if you ask to speak to the legislative assistant, since he will be familiar with pending legislation.

Planning Strategy—Strategy will be considerably different if the bill has not gone through the committee process. The first—and major—hurdle is to get the chairman of the full committee or subcommittee to hold hearings on the legislation. The chairman and other members of the subcommittee should be contacted by as many members of the organization as possible, and most important, by those members of the organization from the states of the Members of the committee. If enough members of the subcommittee can be convinced that their own states will profit by passage of the bill, and particularly, if the chairman of the subcommittee or the full committee can be convinced of that, the chances are good that hearings will be scheduled.

Once hearings have been set, an organization may write the clerk of the committee to request that a representative of the group be allowed to testify during the hearings. If there is not ample time or opportunity for the group's representative to appear in person, a group may also ask to have testi-

(continued on page 77)

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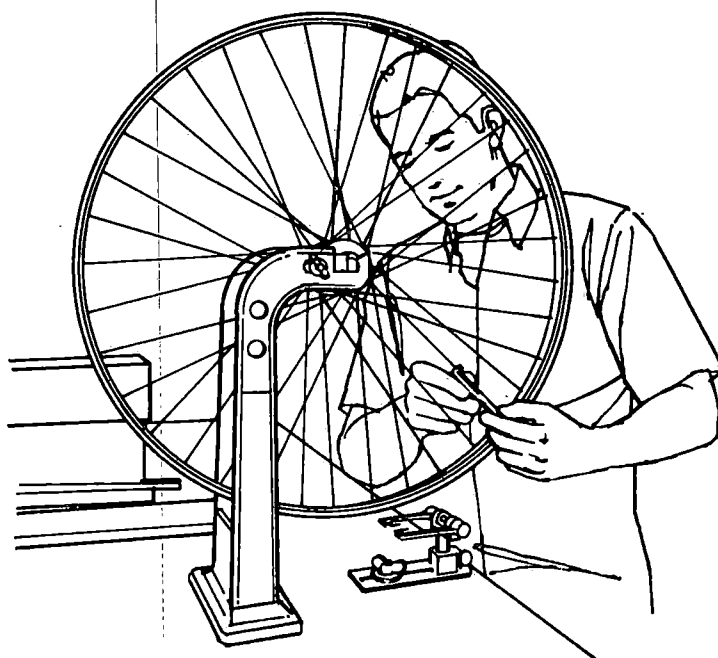
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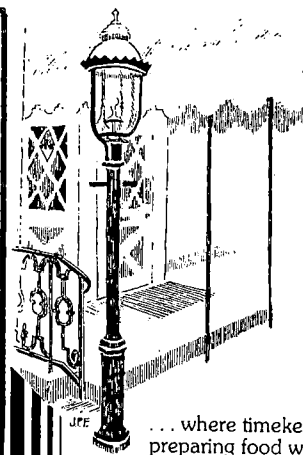


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Forms of Congressional Action



Reprinted from *How Our Laws Are Made* by Joseph Fisher (Government Printing Office, Washington, 1971; U. S. House of Representatives, Document #144).

The work of the Congress is initiated by the introduction of a proposal in one of four principal forms. These are: the bill, the joint resolution, the concurrent resolution, and the simple resolution. By far the most customary form used in both Houses is the bill. During the 91st Congress (1969-1970), there were introduced in both Houses, nearly 25,500 bills and less than 1,700 joint resolutions. Of this number, 20,015 bills and 1,421 joint resolutions originated in the House of Representatives.

For the sake of simplicity this discussion will be confined generally to the procedure on a House of Representatives bill, but a brief comment will be made about each of the forms.

Bills

A bill is the form used for most legislation, whether permanent or temporary, general or special, public or private.

The House of Representatives Manual prescribes the form of a House bill, as follows:

A BILL

For the establishment, etc. (as the title may be).

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That, etc.

The enacting clause was prescribed by law in 1871 and is identical in all bills, whether they originate in the House of Representatives or in the Senate.

Bills may originate in either the House of Representatives or the Senate, with one notable exception provided for by the Constitution. Article I, section 7, of the Constitution, provides that all bills for raising revenue shall originate in the House of Representatives but the Senate may propose

or concur with amendments, as on other bills. Customarily, the general appropriation bills also originate in the House of Representatives although there is no Constitutional requirement to that effect.

Article I, section 8, prescribes the matters concerning which the Congress may legislate, while section 9 of the same article places certain limitations upon Congressional action.

A bill originating in the House of Representatives is designated by the letters "H.R." followed by a number which it retains throughout all its parliamentary stages. The letters, of course, signify "House of Representatives" and not, as is sometimes supposed, "House resolution." A Senate bill is designated by the letter "S." followed by its number.

A bill becomes the law of the land only after—

- (1) Presidential approval; or
- (2) failure by the President to return it with his objections to the House in which it originated within 10 days while the Congress is in session . . . or
- (3) the overriding of a Presidential veto by a two-thirds vote in each House . . .

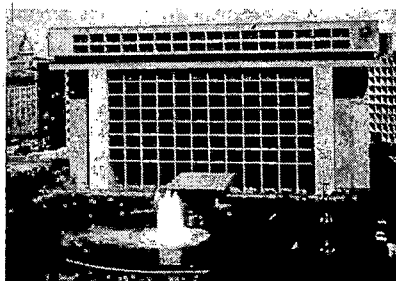
It does not become law without the President's signature if the Congress by their adjournment prevent its return with his objections. This is known as a "pocket veto."

Joint Resolutions

Joint resolutions may originate either in the House of Representatives or in the Senate—not, as may be supposed, jointly in both Houses. There is little practical difference between a bill and a joint resolution and, although the latter are not as numerous as bills, the two forms are often used

(continued on page 77)

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Wheels of Congress from page 71

mony included in the record of the hearings.

After the hearings have ended, members of the subcommittee can be contacted and urged to support or introduce amendments to the bill during the markup.

Controversy May Bring Floor Fight—Most bills are passed in the form in which they are sent to the floor by the committee. However, a controversial bill will be passed only after a floor fight, which may alter the bill considerably. If the bill which has been reported by a committee is not what an organization wishes to be enacted, efforts must be made to find a Congressman who is sympathetic to the cause. It would be most effective if this Member were well-known and influential, or a member of the committee which considered the bill. Members of the organization should write, wire, and telephone him to urge him to introduce the amendment on the floor to make the bill more acceptable to the organization. In a case such as this, the legislative assistant should be dealt with directly, since he will write the amendment and plan the floor strategy. All of the members of the organization should contact their own Members of Congress to alert them that an amendment will be introduced on the floor. The significance of this action should be explained and that Member should be strongly urged to support the amendment and the final passage of the bill as amended.

The Wheels of Congress Grind Slowly

There are many points in the legislative process at which a bill can be killed. A group may enthusiastically work for a bill for many months, only to see it languish and die in the Rules Committee, or to see a Committee chairman allow the bill to linger until the end of a Congressional session without ever scheduling a markup.

It has been previously pointed out that the number of bills which are actually introduced and the number eventually enacted are not the same. Because of limited time, it would be impossible for each bill introduced even to have hearings held on it. Therefore, although it is most frustrating and disappointing when a group's effort fails to produce the intended results, it happens this way frequently.

Constituents have a right to expect from their legislators cooperation and support for matters affecting their districts. A Member of Congress will usually make assurances that he is doing and will continue to do all he can for an individual or a group. It is unfair, however, to expect him to work miracles, since he is limited by many factors. For example, a Member not on the Agriculture Committee cannot be expected to force that Committee to hold hearings on a piece of legislation. Usually he cannot be expected to do more than vote affirmatively on the bill should it reach the floor.

Copies of bills, reports and other information are easily accessible to the public. Individuals and groups will find their legislators most cooperative in providing such copies. Also, if the member is sympathetic to a group's cause, that group may find his office most cooperative in providing help and advice on how best to rally additional support.

It is important to start with a realistic point of view, knowing that in spite of much hard work on the part of many individuals, legislation may not evolve the way anticipated. At the same time, the elation of seeing many months of dedicated effort and downright hard work culminate in enactment of legislation, and the satisfaction of knowing that one actually made some effective input into the legislative process, justifies every moment of work that went into that effort. □

Forms of Action from page 75

indiscriminately. Statutes that have been initiated as bills have later been amended by a joint resolution, and vice versa. Both are subject to the same procedure—with the exception of joint resolutions proposing an amendment to the Constitution which must be approved by two-thirds of both Houses and are thereupon sent directly to the Administrator of General Services for submission to the several States for ratification, and which are not presented to the President for his approval.

The form of a House joint resolution is prescribed by the House of Representatives Manual, as follows:

JOINT RESOLUTION

Authorizing, etc. (as the title may be).

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, That all, etc.

The resolving clause is identical in both House and Senate joint resolutions, having been prescribed by statute in 1871. It is frequently preceded by one or more "whereas" clauses indicating the necessity for or the desirability of the joint resolution.

The term "joint" does not signify simultaneous introduction and consideration in both Houses.

A joint resolution originating in the House of Representatives is designated "H.J. Res." followed by its individual number which it retains throughout all its parliamentary stages. One originating in the Senate is designated "S.J. Res." followed by its number.

Joint resolutions become law in the same manner as bills.

Concurrent Resolutions

Matters affecting the operations of both Houses are usually initiated in the form of concurrent resolutions. These are not normally legislative in character but are used merely for expressing facts, principles, opinions, and purposes of the two Houses. They are not equivalent to a bill and their use is narrowly limited within these bounds.

The term "concurrent" does not signify simultaneous introduction and consideration in both Houses.

A concurrent resolution originating in the House of Representatives is designated "H. Con. Res." followed by its individual number, while a Senate concurrent resolution is designated "S. Con. Res." together with its number. Upon approval by both Houses they are signed by the Clerk of the House and the Secretary of the Senate and transmitted to the Administrator of General Services for publication in a special part of the Statutes at Large. They are not presented to the President for action as in the case of bills and joint resolutions unless they contain a proposition of legislation, which, of course, is not within their scope in their modern form.

Simple Resolutions

A matter concerning the operation of either House alone is initiated by a simple resolution. A resolution affecting the House of Representatives is designated "H. Res." followed by its number, while a Senate resolution is designated "S. Res." together with its number. They are considered only by the body in which they were introduced and upon adoption are attested to by the Clerk of the House of Representatives or the Secretary of the Senate, as the case may be, and are published in the Congressional Record. □

A Map of the Hotel

- 1 Film Theatre
- 2 Commercial Exhibitors Hospitality Suite
- 3 General Sessions
- 4 Convention Headquarters
- 5 Press Room
- 6 Convention Registration Booths
- 7 Buffet Breakfasts Thursday and Friday
- 8 Tuesday Night Reception

Commercial Exhibit Areas

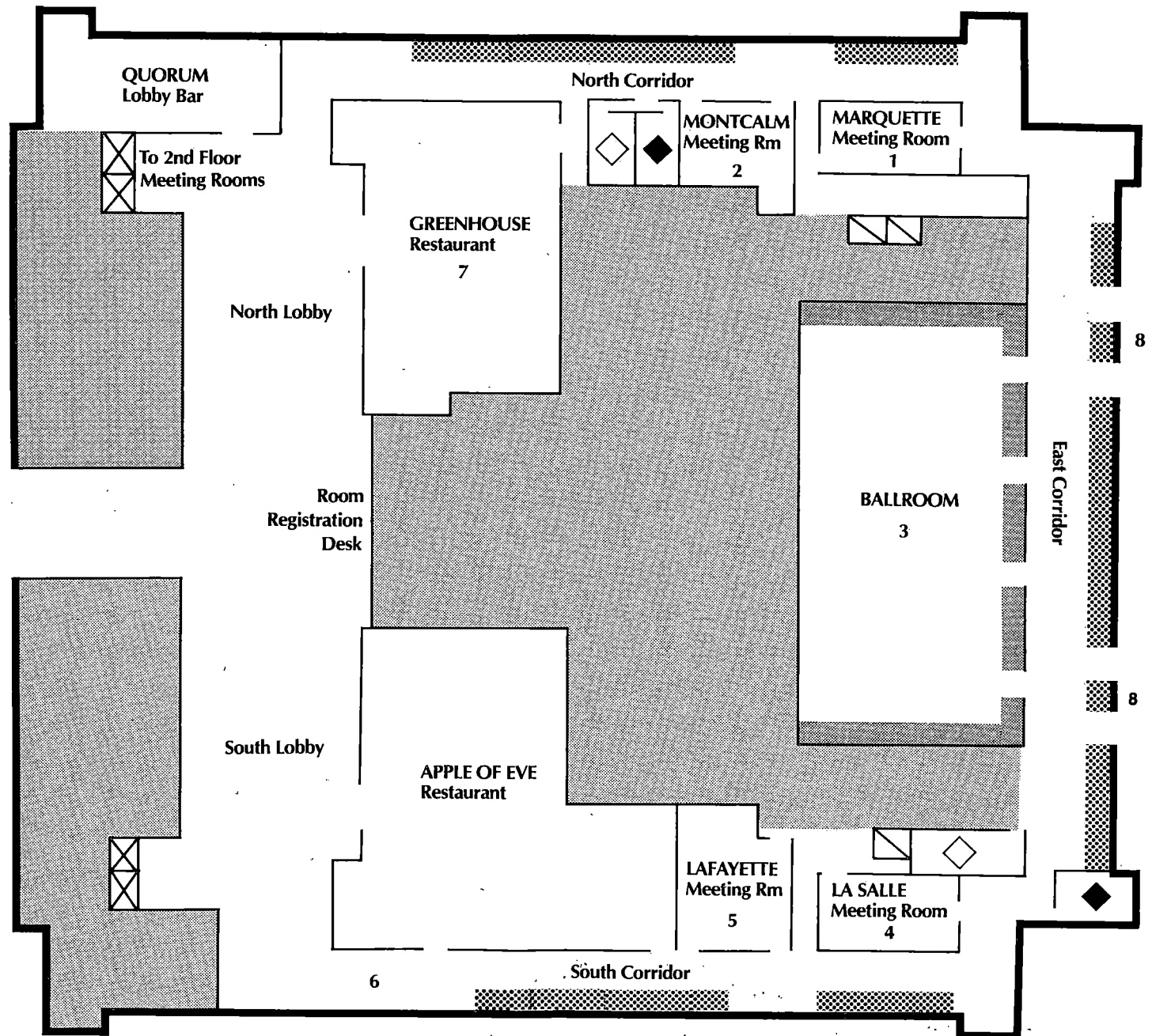
Chapter Exhibit Areas

Women

Men

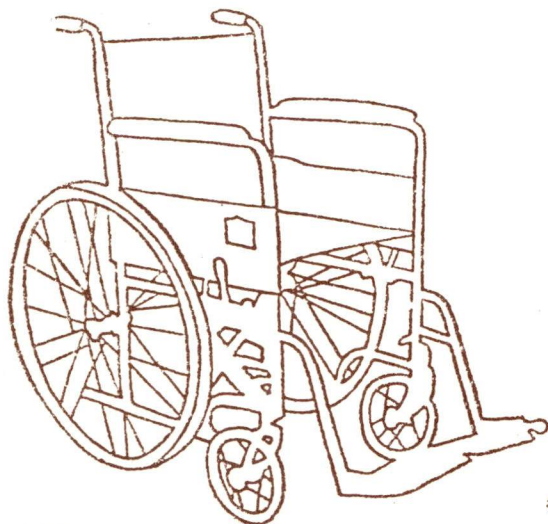
Hotel Elevators

Service Elevators





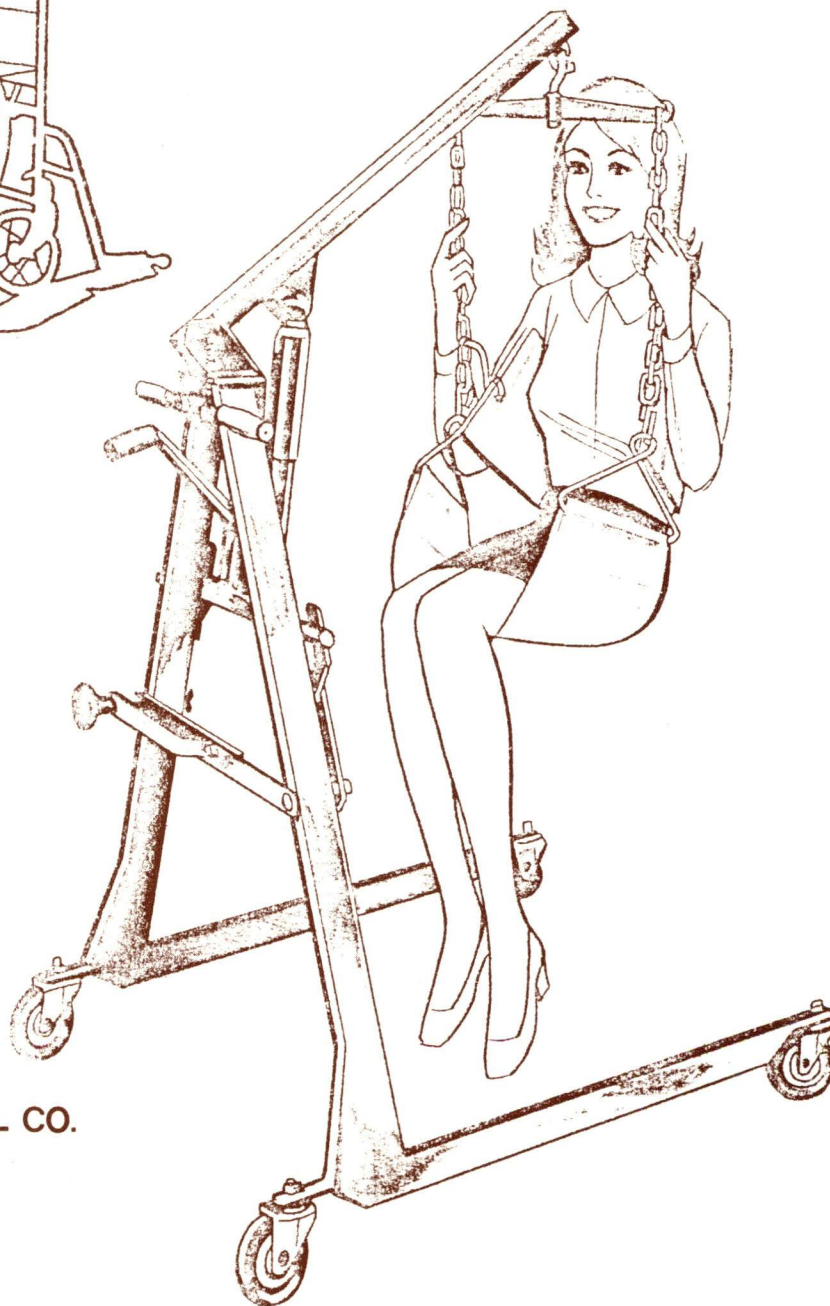
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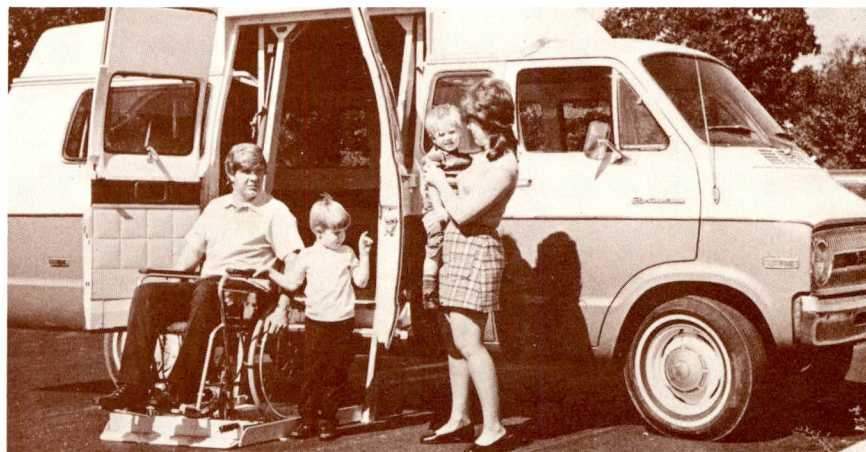
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