

GATEWAY GAZETTE

*The Official Publication of the Gateway Chapter Paralyzed Veterans of America
A Member Chapter of the Paralyzed Veterans of America*



Seasons Greetings

Annual SCI Chili Cook-Off and Gateway PVA Luncheon

By Matt Luitjohan

Come and be part of the greatest chili cook-off known to the VA. It's once again time to start getting your chili recipes perfected and then put them to the test on January 20th, 2011. There will be chili tastings and voting, followed by a wonderful luncheon provided by the Gateway Chapter PVA. All crock pots of chili must be in the Jefferson Barracks SCI dining room by 11:30AM (Building 52). Important: Please inform us if you plan to bring a pot of chili so that we can have adequate table space for the entries.

To reserve your spot, for more information, or to have any questions addressed, please contact Matt at 314-894-6602 or Charley at 314-652-4100 Extension 64590.

Pictured below are photos of a past chili cook-off. The voting process is obviously hard work, but someone's got to do it (Dennis and Lonnie)! We purposely placed a photo which includes our beloved Associate Member, Roy Gantt. Roy passed away on November 26. We are all saddened by this terrible loss and extend our sincerest condolences to his wife, Shirley, and the entire Gantt Family. Roy and his wife, Shirley, are pictured below along with another Associate Member, Lonnie Crider.



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"Veterans with Spinal Cord Injury or Disease, Living Life to the Fullest"

Gateway Chapter Paralyzed Veterans of America

<http://www.gatewaypva.org>

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8th Annual VA Trivia Night

Don't miss out on what has become the
MOST fun night you can have at the VA!

Yes, that's right! The 8th Annual VA Trivia Night will be held on Saturday, February 26, 2011, in the VA Gym. Doors open at 6 and the game starts at 7. Activities for the night include the fun game of Trivia; a Silent Auction; 50/50 raffles and other games; sandwiches, snacks and sodas courtesy of our friends at QuikTrip; and, finally, a great time!

What IS Trivia Night some of you may ask? Teams of 8 answer 10 trivia questions in 10 different category rounds. The great part about it is that YOU don't have to be good at trivia! No! It's all about the TEAM and each person having a lifetime of different facts stored away in the depths of their brain. If you know 7 other people, just call that your team and reserve a spot. If you don't have that many people to come with you, no worries; we will join you up with other small groups to form a team. Should playing trivia just not be your thing, consider contributing or soliciting a donation for the Silent Auction, which happens at the same time, or sponsor a round for \$100, or just write a check to VA General Post Fund #8179.

Trivia Night has grown in popularity since the first one was held in 2004 to raise money for hosting the National Veteran's Wheelchair Games in St. Louis. Since then, Trivia Night has raised more than \$60,000. Through the years, funds have been used to support veteran athletes to attend the National Veterans Wheelchair Games. Contact Debbie Gray, SCI OT (314-652-4100, Extension 64504 or Deborah.Gray@va.gov) for more information or to reserve a table.

Has your address changed? Please inform us by email: susanlyle@gatewaypva.org, or you may write or call us at the following:

**Gateway Chapter PVA
1311 Lindbergh Plaza Center Drive
St. Louis, MO 63132
Office (314) 427-0393 or (800) 426-4058
Fax (314) 427-4183**

The material contained herein expresses the opinions of the writer and not necessarily the opinions of the editor or the Gateway Chapter, Paralyzed Veterans of America. All material in the *Gazette* may be reprinted unless specifically prohibited. Readers are encouraged to submit their articles or rebuttals to:

editor@gatewaypva.org or in the US mail at the address shown to the left and send to the attention of the editor.

President's Report

By Stanley Brown



Gateway PVA Housing Modification Grants

A few months ago the Gateway Board approved grant payments of up to \$1000 for non-service connected members to purchase hand controls, steering knobs, and accessible hand breaks. Five members have received this funding so far. At our November board meeting, the Board approved providing monetary assistance to non-service connected members who are trying to make their homes accessible. This one-time grant from the Gateway Chapter is in the amount of \$2500 and would be paid directly to the contractor. There are three conditions for the grant: 1) member must be non-service connected; 2) Gateway grant must be for work that would be otherwise eligible for the VA Home Improvement and Structural Alterations (HISA) funding; and 3) member must have exhausted their HISA grant. Be aware that Congress on May 5, 2010, increased the HISA grant amounts to \$2000 for non-service-connected veterans and \$6800 for veterans with a service-connected disability. Please contact the Gateway Chapter office if you would like to apply for these funds to make your home more accessible.

Gateway's New Government Relations Program

Five years ago as our chapter approached running out of money, we took austere measures to cut back on expenses. At that time we reduced our paid staff from 5 to 1. One of those eliminated positions was the Government Relations Director. We are now in the final stages of filling that position. Those duties and our chapter's advocacy has been done by our volunteer board members generally, and specifically Bob Larkin, Susan Lyle, and myself. It's my hope to expand our government relations efforts and advocacy programs, when we again fill the Government Relations Director position. I see the position focusing on three main missions: 1) Disability/accessibility issues in the community to include local, state, and national legislation; 2) Healthcare Advocacy for our members; and 3) National Advocacy with PVA on the annual VA budget. I would like your comments or suggestions on the issues I have identified and, more importantly, what other programs or issues we should have on our advocacy agenda.

Holiday Season Thanks

As I write my article for this newsletter, I've just completed stuffing my face at Thanksgiving and Christmas is approaching. My birthday always falls around Thanksgiving and I just notched another year (63, but who's counting). When I turned 60, I was in bed with a pressure sore; when I turned 50, I was newly injured and living in a nursing home. Now, every birthday that I am up and about makes me thankful. No matter what your religious beliefs may be, I would encourage all of us to pause during the commercialization of the season, and reflect on why we should be thankful. Our Gateway Chapter, and the board in particular, truly believes our purpose is to improve the challenging lives of our members. I am thankful we see that as a mission and strive to accomplish that purpose. As I roll down the halls of the SCI unit at Jefferson Barracks, I often see our members visiting with inpatients of the SCI unit. What a wonderful gift many of us choose to give to the newly injured or bedridden veterans with a spinal cord injury or disease. Our members share their experiences, their time, and their lives with veterans who are, at least in the beginning, strangers to us. So, this holiday season I am especially thankful for the spirit of our Gateway members who instead of dwelling on the burdens of their own lives, reach out to newly injured veterans to help them in their difficult journeys.

Wheelchair Accessible Home For Sale 2117 Morning Mist, Florissant MO

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Attaboy

By Ruth Kult



Hi everyone,

Seeing that this will be delivered after Christmas, I'm hoping that everyone had a merry one. Assuming it will be mailed before New Year's, I hope most people who believe in making a New Year's resolution can pick one out and stick with it.

My latest "Attaboy" is graciously and gratefully presented to our one and only John Vasel (Mr. "never-leave-you-stranded" van driver). We've had our share of van drivers, and this was just in my time of being a member of the Gateway PVA. I was thinking Chester could never be replaced, but boy was I wrong. I think we hit the jackpot with John. This praise doesn't serve him justice, but maybe the following examples will shed some light on John's amazing personality.

I see it firsthand, so his many amazing acts of kindness are not just hearsay. He is constantly lending a helping hand in whatever the task may be.

John is pretty much a Godsend for Becky Ballard in the JB Arts and Crafts room. He helps patients manipulate their projects and retrieves paint for them. He helps where he can when Becky is busy attending to another patient.

I see John every Tuesday and Thursday in Arts and Crafts. On Thursdays, he transports patients over to the canteen to eat lunch and assists them by pushing them through the long tunnels. Once there, he is a great assistant. He helps the patients order, set up and eat their food. After that he helps the patients over to the bowling alley, where he most often helps keep score and cheers veterans on as they knock the pins down.

Another thing that John does is to help serve meals during the Gateway PVA luncheons. He gets behind the serving line with a smile and dishes out food to patients and others. He also helps Susan clean up afterward.

I think one of the most admirable traits about John is that he is always willing to help without expecting anything in return. He is just a nice person.

Thanks for reading. If you see John, say thanks.

Family Education Workshop at Jefferson Barracks

The Robert M. Woolsey, M.D. Spinal Cord Injury/Disorder Center in St. Louis invites all family members, caregivers and close friends to our next Family Education Workshop. It will be held on **Friday, January 14** from **9 am-3:30 pm** at our SCI Center at Jefferson Barracks, Division of VA Medical Center, Building 52.

Topics will include medical, nursing, rehabilitation, dietary and psychosocial aspects of spinal cord injury, as well as neurological impairments of the spinal cord that are considered non-progressive, such as certain types of MS (multiple sclerosis).

The workshop will be helpful for those family members of veterans who are newly-injured or diagnosed, as well as those who have been living with their impairment for many years.

Written materials to supplement the program will also be provided.

For questions or further details, please call Bob Sontag, Social Worker at 314-652-4100, Extension 64819.

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Noteworthy News

By Bonnie Hilburn

Exciting New Pilot Program for MyHealtheVet Users

There is good reason to join MyHealtheVet (MHV). The personal health record system is located at www.Myhealth.va.gov. It offers users the chance to access health care information online 24/7 from any computer. Kansas City VA is currently enrolling Veterans for the next phase of MHV. The program will enable users to message their health care providers directly. This will be SECURE MESSAGING. For information or assistance, go to the Learning Center, Room M1-315 on the first floor. You may call the Learning Center at (816) 922-2321

The point-of-contact at KCVAMC is Ms. Joan Thalken at (816) 861-4700, Extension 54069.

-No waiting in line, refill prescriptions online-

Veterans' Treatment Court

Kansas City Missouri Municipal Veterans' Treatment Court is a joint effort between the Kansas City VA Medical Center and the Kansas City, Missouri, Municipal Courts. These two groups are working together to offer veterans the chance to participate in treatment and services through the VA instead of receiving a "standard" sentence for their case. Many of the legal charges veterans receive are related to "underlying" issues such as homelessness, substance abuse, mental health issues, and/or unemployment.

To participate in Veterans' Treatment Court an individual must meet the following requirements:

1. Their charges/tickets must be from Kansas City, Missouri.
2. The individual must be willing to plead "no contest" to their charges/tickets AND be willing to participate in treatment services through the KCVAMC or other community programs for 9-24 months.
3. The individual must not have a history or conviction for violent felony crimes.

If you meet the criteria for the Veteran's Court in Kansas City, please contact the Veteran's Treatment Court Case Manager at (816) 861-4700, Extension 57623.

ATTENTION –Wanted: All Gateway PVA Members-ATTENTION

In the past few years participation in the programs and activities that we, the St Louis VA's SCI Recreation Therapy Department, offer our outpatient veterans has significantly decreased. This is one attempt to gain back some interest. We are currently offering: Adaptive Sports Training, an Aquatics Therapy Program, Bowling, Outpatient Exercise Programs, Local and National Rehab Events (i.e. Wheelchair Games, Winter Sports Clinic, Creative Arts Festival, Summer Sports Clinic, Golden Age Games, Adaptive Golf Clinics), opportunities for Adaptive Scuba Diving, Billiards Tournaments, Card Tournaments, and coordination with other agencies for additional programming. If you are interested in participating or getting more information, please contact Matt at 314-894-6602 or e-mail me at matthew.luitjohan@va.gov or Charley at 314-652-4100, Extension 64590 or e-mail him at charles.wright6@va.gov. Thanks and we look forward to hearing from you.



Gateway Chapter PVA Wishes to Welcome the Following New Members:

Lucrecia "Tammy" Boiselle-Slade - Kansas City, MO
Robert Carwile - Mt. Carmel, IL
Edward Grimm - Blue Springs, MO

Larry Kehler - O'Fallon, MO
James Pilla - St. Peters, MO
Patrick Sauer - Kansas City, MO

SLED HOCKEY

By Jeremiah Deguire

What is Sled Hockey? It is a sport that was designed to allow participants who have a physical disability to play the game of ice hockey. This game requires players to sit within a sled that has blades on the frame which allows the puck to pass underneath. Players also have two shortened sticks that they use to not only push themselves along the ice, but also to pass and shoot the puck with the sticks, as well. The rules of Sled Hockey are essentially all of the regular ice hockey rules that are continually used today. The only differences that have been created into the game of Sled Hockey are modifications that were deemed necessary for not only the safety of the disabled athlete, but their equipment too.

Sled Hockey has been a life saver for me and my family. I have only been in a chair for four years now and this is all still new. Since the day I became a paraplegic (paralyzed from the waist down), I have been looking for what I can still do, not what I know I can't, and sled hockey was the cure. I have been playing for a year now and can't wait for the years to come when my son can come out on the ice and play with his old man. It will be one of the things I can do with him and my wife. The team has become an extension to my family and we can all share our experiences with our individual challenges to make us all that much better. Life is short, so live it with a smile and appreciate the little things in life. I hope to have many more days with my new family. -Jeremiah #21-

Besides the players, when the ice time is donated to these athletes they allow anyone that has a disability to come out and play on the ice. This has given smaller kids the opportunity to be with others who have disabilities, share the ice with them, and come together as a group. This promotes the sport as well as gives these kids the understanding that they can do anything that they apply themselves to.



The St. Louis Blues Sled Hockey Team will be hosting their Midwest Sled Hockey Tournament that will run starting Friday, January 7th through Sunday, January 9th.

The tournament will feature teams from Minnesota, Chicago, Phoenix, San Antonio and Colorado. Our very own veteran #21 Jeremiah DeGuire will be playing for the Blues team. Come out and see what sled hockey is all about.

(See back cover for tournament dates and times!)

GO BLUES!



In memory of...

| | | |
|--------------------|-----------------|----------|
| Willie S. Harrell | St. Louis, MO | 04/30/10 |
| Eugene Heidbreder | O'Fallon, MO | 11/11/10 |
| William B. Johnson | Jennings, MO | 11/20/10 |
| Glenn W. Neeman | Springfield, IL | 08/17/10 |
| Chester D. Turner | Greentop, MO | 02/21/10 |

Associate Member - Roy Gantt New Athens, IL 11/26/10

Please have someone contact our Chapter in the event of a member's death so that we can inform other members who might wish to pay their respects to the departed.

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Local Veterans Shine at the National Veteran's Creative Arts Show

By Becky Ballard



The St. Louis VA is proud to announce that two of our very talented veterans were invited to attend this year's National Veterans Creative Arts Festival held in La Crosse, Wisconsin, the week of October 18th-25th. The excitement began as the veterans, Theophilus Smith (T.J.) and Rusty Ezzell, both of whom use wheelchairs, boarded a bus to Springfield, Illinois, to catch a train headed for Wisconsin. By the time this dramatic charismatic pair reached the station in La Crosse, they had the entire train car calling for tickets for the final show, which was held on Oct. 25th! The pair began their separate journeys at our local VA's Got Talent Show and the Visual Arts Show, both held in February of last year. Each were first time participants. Rusty (pictured below) submitted entries in two vocal solo singing categories and one creative writing selection. T.J. acted on a dare and entered a beautiful evening gown, circa 1900, in the Fabric Art category.

Each first place winner, a total of 51 from the local level competitions, was then taped and photographed by our friends at the National Broadcast System (EES) and Connie Young, our local media guru. The images and tapes were then shipped off to the second phase of the judging process. All first place winners from VAs across the nation submit entries at this level. A total of 3,625 veterans from 123 VA medical centers participated at the local level. As the selections were narrowed down, several St. Louis VA contestants remained in the running for top three placements at the National level. At the conclusion of the third phase of judging, local

veterans **Bob Gion** and **Lloyd Robinson** were awarded a silver medal for metalwork and colored drawing, respectively. **Jay Harden**, **Robert Morgan** and **Mary Sue Hollingsworth** all placed second and/or third in creative writing divisions; and **Jim Schmitt** and **Jeff Eichhorn** received the bronze medal in the Vocal Group Rock category. Top honors were awarded to Rusty and T.J.; and as a result, they were invited to join 140 other veterans from across the nation to celebrate their artistic achievements in La Crosse.



Rusty Rocks the House in La Crosse!

The Tomah VA hosted this year's event and the town of La Crosse opened its hearts and doors to all veterans attending this festival. The visual artists explored new artistic endeavors such as wool felting, basket making, woodcarving, rosemaling, and HHV craft kit workshops. Individual art work was on display at both the hotel site and the theater. T.J. was the life of the party as he tackled each new experience with enthusiasm and passion. Performing artists went right to work rehearsing for the grand performance, which was held at the Viterbo University Fine Arts Center. Local residents packed the house and were most certainly not disappointed. Rusty was invited to sing a solo rendition of "Old Man" by Neil Young and he brought the crowd of 1,200 to their feet! All participants were treated to a fireworks display over the Mississippi River, a river boat cruise, and an Oktoberfest complete with the tapping of the Root Beer barrels and traditional Polkas!

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The local 2011 VA's Got Talent Night will be held on February 10th in the JB Theater. The Visual Arts Show will be held on February 25th in the JB gym. We encourage all veterans who actively receive care at the St. Louis VAMC to participate in these events. Please call Karen Wait (314) 652-4100 (Extension 64535) or Becky Ballard (Extension 64512) to find out more information about healing through the arts! We honor all veterans and their creative endeavors. Please join the ALA, VFWA and the St. Louis VAMC in the 2011 festival events, either as an artist, or as a spectator!

Surviving Air Travel

By Stan Brown

Despite what the Americans with Disabilities Act requires, the Air Carriers Access Act says, the Federal Department of Transportation recommends, and what common sense dictates, I believe traveling by airplane can be not only inconvenient, but hazardous to our health. Disability law and federal guidelines are clear in that air travel should be accessible and safe for persons in wheelchairs and those with disabilities in general. Representing Gateway PVA, I usually take five or more airline trips per year. For one whole year I refused to fly and instead traveled with my van on trips, stopping overnight to look for lodging that could accommodate the use of my Hoyer lift. Those long trips, especially in winter, became too much of a burden. Now flying again, I only use Southwest Airlines. American Airlines let me fall out of the aisle (transfer) chair two years ago. Here's my practical advice in four areas for members who plan to fly:

Luggage

Airlines should not be charging for medical equipment you take with you. I actually take a portable air mattress that fits in a large duffel bag. Obtain a statement from one of the SCI physicians explaining your disability and why the equipment is necessary. Present that statement when you check in with your luggage if the airline is charging you for bags or an "extra" bag. What gets tricky is when you try to stuff a lot of non-medical items in the bag. Airlines are within their rights to technically require you to only have medical equipment in the "free" bag.

Be careful putting items that leak liquid in your luggage. This is a common sense piece of advice that I have learned the hard way. I used to pack both distilled water (CPAP machine), rubbing alcohol, and bleach. No matter how I tried to seal the bags around them, they would leak. I now try to buy them at a store close to my flying destination, and I don't bother trying to bring those items back in my luggage.

Avoiding Pressure Sores

My biggest worry when flying is getting a pressure sore because I'm not able to do my normal tilting in my wheelchair while sitting in the airline seat. If you are a paraplegic you can accomplish pressure relief moves seated on the airplane. Being the first to board and the last to leave the airplane, flying as a quadriplegic is more problematic. I take my air cushion off my chair and have it placed in the airline seat (bulkhead is preferable). Once up in the air, I have my attendant deflate some air out of the cushion to accommodate the change in air pressure at that altitude. Be sure and bring your air pump to inflate the cushion once you're back on the ground. How does one adjust their seating position to relieve pressure? I ask my attendant to periodically either lean me all the way forward (difficult with my belly) or lean me as far as possible to different sides. I just mentioned my preference was to sit in bulkhead seating. My preference is entirely based on the fact that there's more room at your feet for the airline people to maneuver you in and out of the seat. The down side of bulkhead seating is that the outside armrest is usually not able to go down like other aisle seats. I think if you're not difficult to lift or are able to assist in your transfer with a sliding board, an aisle seat with a movable outside armrest may be your best bet.

The Dreaded Transfer

Probably the most dangerous part of your airline travel experience is the transfer from your personal wheelchair to the airline's aisle chair; getting rolled down the narrow airplane aisle and then lifted onto the airplane seat. Once you're on the airplane safely, now you get to worry about getting off the plane with another group of strangers! Southwest does the best transfer I've experienced. They actually show up with three or more healthy men (sometimes stout women) who approach you with the proper attitude. When you check in at the gate be sure and tell the airline representatives three things: 1) you have a dry cell (non-spillable) battery on your chair that needs to be tagged so the cargo people know there's no need to take the battery out/apart; 2) you need three or four strong men to lift you; and 3) they need to bring a "lift kit" (Southwest name for their transfer kit) that has a sliding board and a lift pad that resembles a pad used with a Hoyer lift. If there is no lift pad, and you need one, talk to SCI physical therapy so you are able to explain the proper procedure for transferring you (i.e. grabbing your knees together and securing your chest). Do not get on the aisle chair until they are ready to put you on the plane and into your seat. Also, and this is very important, do not let them take you off the plane until your personal wheelchair is brought up from luggage and waiting for you outside the plane door. Airlines are required to have your chair waiting for you before you exit the plane. This is especially important because you don't want to spend a lot of time sitting on the hard surface of the aisle chair. It takes at least two airline people to safely roll you down the aisle to your seat. Make sure you are properly strapped in and then watch your feet as you are getting rolled down the aisle. You should be secured at your chest and your knees should be strapped together. If you're a higher level quad, like myself, don't let them unstrap you without someone next to you to secure your balance.

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Praying for Your Chair

In my years of flying, the airlines have "only" broken one of my wheelchair legs. I have seen and heard of much worse problems from other PVA members. Our Vice President, Dr. Robert Huskey, has experienced broken wheelchair wheels, broken joysticks, and most recently destroyed fuse boxes that disabled the wheelchair seating functions. If possible, with your particular wheelchair, I recommend three "evasive" procedures: 1) have someone take your leg rests off the chair and place them in the seat; 2) take your joystick, or the chair arm with the joystick, off and place it in the seat of your wheelchair; 3) take your head rest off and put it in the seat; 4) use the seatbelt of your wheelchair to secure items put on your seat; and 5) use duct tape to wrap any loose wires that extend on the sides of your chair. Some people I know bubble wrap parts of the chair and everything they place in the seat of their wheelchair before it goes to cargo. Other advice on saying goodbye to your chair is to do what you can to make sure it fits in the cargo door. As previously stated, take off the head rest, and do what you can by either tilting or reclining your power chair to make it as low as possible. My last advice on protecting your chair is to show the airline workers anxiously waiting (salivating sometimes) for you to get out of your chair and onto the plane, so they can take off on time, how your chair works to include brakes, seat functions, and joystick options. In spite of what we may think, cargo and baggage people are driving, not pushing, our power chairs. If you have a manual chair, it should be easier. Airlines are required to have storage space in the plane for one wheelchair that collapses. Friends have told me on some airlines they were able to roll their manual wheelchair to either first-class or bulkhead and transfer to the airline seat, not being required to get on the airline aisle chair.



Stan Brown, Stacy Kinstler (PT), Dr. Florian Thomas, Bob Huskey, and Scott Richards and on a visit to Lambert Airport, St. Louis, to discuss accessibility issues with Southwest Airlines and the TSA

Conclusion

For more specific information I recommend that you Google "air carrier access" for links to accessible air travel. You can get a direct link to the Air Carrier Access Act and other Department of Transportation publications concerning disability travel. It helps to be assertive, open and friendly with all airport and airline personnel. In all likelihood, they have no idea how to work with you in making your journey safe. Lastly, and most importantly, I recommend asking people who travel frequently in wheelchairs; real life experience is always best.



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January 2011

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------------------|--|--|------------------|---|--|--|
| | | | | | | 1  |
| 2 | 3 | 4 Steak Dinner @ JB SCI 4 pm | 5 | 6 | 7 | 8 Sled Hockey Games @ Lindenwood Ice Arena |
| 9 Sled Hockey Games | 10 | 11 BOD Meeting 11:30 am | 12 | 13 | 14 Family Education Workshop at JB 9 am—3:30 pm | 15 |
| 16 | 17 Office Closed - M. L. King, Jr.'s Birthday | 18 | 19 | 20 Chili Cook-Off @ JB—Noon Bldg. 52 | 21 | 22 |
| 23/30 | 24/31 | 25 Book Sale @ JB Auditorium 9 am—3 pm | 26 | 27 | 28 | 29 |

February 2011

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|---|--------------------------|------------------|---|--|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 Newsletter Articles Due | 8 BOD Meeting 4 pm | 9 | 10 VA's Got Talent @ JB Theater 5:30 pm | 11 | 12 |
| 13 | 14  | 15 | 16 | 17 Member/Patient Luncheon @ JB -Noon Bldg. 52 | 18 | 19 |
| 20 | 21 Office Closed Valentine's 4 Vets Concert 2 pm @ Fox Theater | 22 | 23 | 24 | 25 Visual Arts Show @ JB Gym 11:30 am | 26 Trivia Night @ JB VA Gym 7 pm (see page 2) |
| 27 | 28 | | | | | |

Address Service Requested

Gateway Chapter
Paralyzed Veterans of America
1311 Lindbergh Plaza Center
St. Louis, MO 63132



Below is a list of times, dates and the location of the Sled Hockey Games:

Lindenwood Ice Arena - 910 Main Plaza Drive Wentzville, MO 63385

January 7, 2011 - Friday Games

6:00 p.m. - 7:15 p.m. — Minnesota Northern vs. San Antonio Rampage
7:25 p.m. - 8:40 p.m. — DASA St. Louis Blues vs. RIC Blackhawks
8:50 p.m. - 10:05 p.m. — Colorado Avalanche vs. Phoenix Coyotes

January 8, 2011 - Saturday Games

8:00 a.m. - 9:15 a.m. — RIC Blackhawks vs. Minnesota Northern
9:25 a.m. - 10:40 a.m. — DASA St. Louis Blues vs. Phoenix Coyotes
10:50 a.m. - 12:05 p.m. — San Antonio Rampage vs. Colorado Avalanche
5:00 p.m. - 6:15 p.m. — Phoenix Coyotes vs. Minnesota Northern
6:25 p.m. - 7:40 p.m. — San Antonio Rampage vs. DASA St. Louis Blues
7:50 p.m. - 9:05 p.m. — Colorado Avalanche vs. RIC Blackhawks

January 9, 2011 - Sunday Games

8:30 a.m. - 9:45 a.m. — Phoenix Coyotes vs. San Antonio Rampage
9:55 a.m. - 11:10 a.m. — Colorado Avalanche vs. Minnesota Northern
11:20 a.m. - 12:35 p.m. — RIC Blackhawks vs. DASA St. Louis Blues



“Veterans with Spinal Cord Injury or Disease, Living Life to the Fullest”