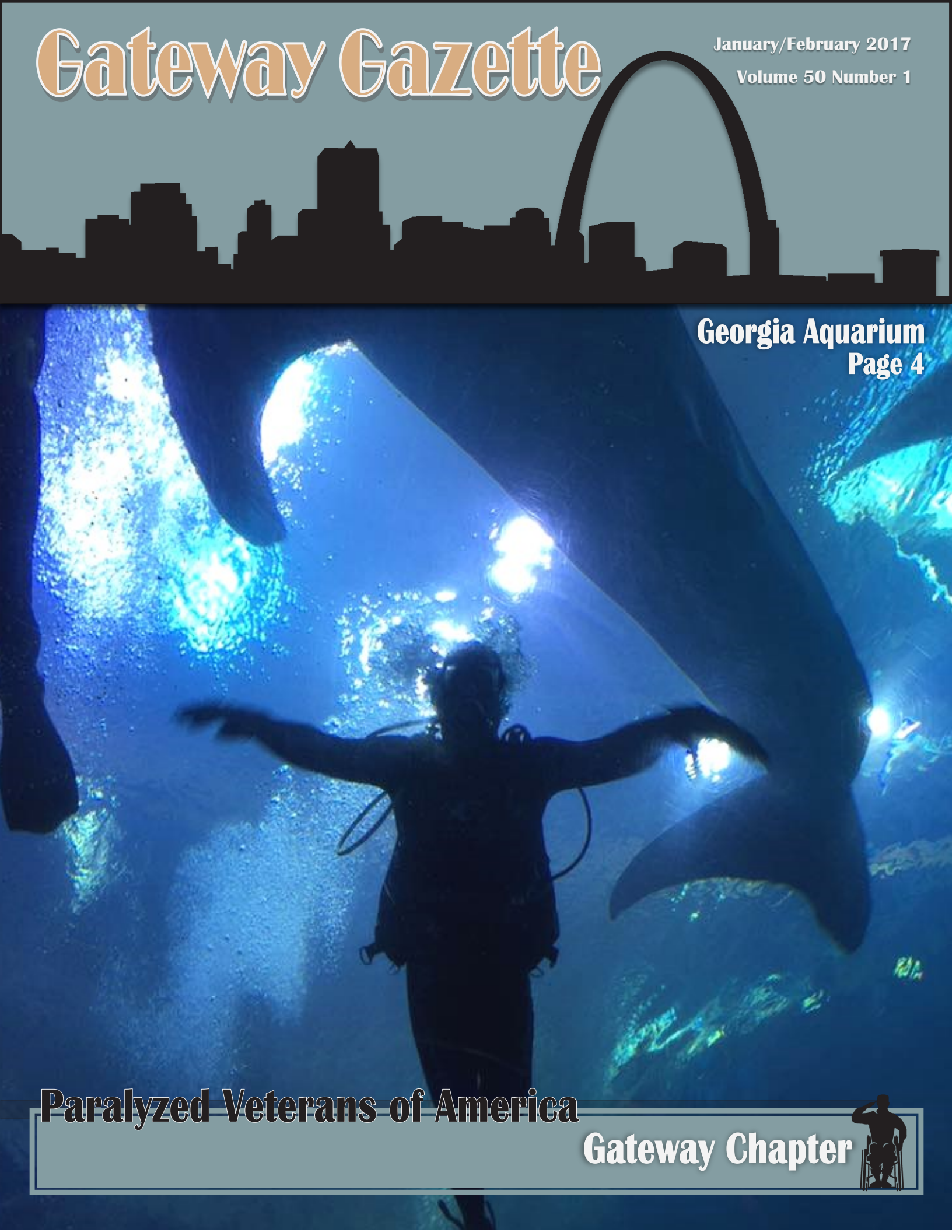


Gateway Gazette

January/February 2017

Volume 50 Number 1



Georgia Aquarium
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Paralyzed Veterans of America

Gateway Chapter



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

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 Office: (314) 894-6467
 or (866) 328-2670
 Fax: (314) 894-6465
 Rodney Harris, Senior Benefits Advocate

National Liaison VP

Charles Brown

Time to update your address or email?

Please email us at info@gatewaypva.org or write or call us at the following:

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

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FUND A LIFETIME OF SUPPORT FOR SEVERELY INJURED VETERANS.**DONATE YOUR VEHICLE TODAY.**

Proceeds from the sale help provide jobs, benefits, and care for severely injured veterans and their families.



WHEELS HELPING
WARRIORS
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 Thank you for the support!

DEAR MR. TAYLOR:
 THANK YOU FOR DONATING YOUR CAR
 TO THE PARALYZED VETERANS OF AMERICA.
 WHEN I WAS PARALYZED IN A 40-FOOT
 FALL FROM A HELICOPTER, THEY CAME
 TO MY BEDSIDE.
 THEY BROUGHT ME HOPE, BENEFITS
 AND CARE... ALL MADE POSSIBLE BY
 PROCEEDS FROM DONATIONS LIKE YOUR CAR.
 I KNOW YOU COULD HAVE DONATED IT
 ANY PLACE. FROM THE BOTTOM OF MY
 HEART, I AM SO GRATEFUL YOU CHOSE US.
 SINCERELY
 Sean Hayford



**Paralyzed Veterans
 of America**

Gateway Chapter

www.gatewaypva.org

www.twitter.com/PVA_Gateway

www.facebook.com/GatewayChapterPVA

President's Message

By Stanley Brown



Happy New Year!

Not to fall prey to my own ego and hubris, but I thought I would share my New Year Resolutions listed below. These goals certainly come from a wheelchair user perspective and may be similar to views of wheelchair readers. When you see me, feel free to ask how I'm doing with the resolutions, just don't expect an honest answer.

1. Seriously folks, I have said this many Decembers before: I need to lose some weight. Our SCI/D dietitian has done all she could. It's up to me to change when I eat and how much. I need to regularly start using my Colorado arm cycle to burn some calories, but there never seems to be enough time. Have you used that excuse?
2. And speaking about not enough time, there is always that one hour that I "waste" in the late afternoon tilting back, listening to sports radio, and smoking a cigar. To quote Bill Clinton: "But I don't inhale." I'm still not fully committed to giving up that vice. So to be accurate, I'm not sure this area is a real resolution yet.
3. I believe I have been trying to do this in the past, but I resolve to do all I can as President of our Chapter, to help our members achieve our vision statement of "living life to the fullest." Every time we fund members to go to the wheelchair games, give housing grants to help our members live in accessible homes, give generator grants, or give automobile grants, I hope we are making a difference in the difficult lives of our members.
4. Following upon number three above, I resolve to "get over it" and not hate fundraising so much. We need to do it to accomplish the third goal. There are two times of the year, as President of the Chapter, that I dislike most. One is during the annual Combined Federal Campaign (CFC) when we set up tables at federal government sites to entice donations from the workers. I invariably get put between adorable puppy dogs that everyone wants to pet and a group collecting money for shoes for homeless children. The "competition" for donations is only slightly less disturbing than the fact that the rooms are loud and I can't be heard when I try to give the Gateway PVA pitch. My other annual dreaded responsibility is going to vendors and merchants soliciting gift certificates and auction items for our annual charity golf tournament. In a given day I can only take so many acne faced teenage store managers responding with "Oh Wow," when I try to explain life in a wheelchair for our members. I must admit I do enjoy part of this fundraising effort for gift certificates. Rambling in my power wheelchair through the upscale stores of Plaza Frontenac and watching the fear on the faces of store personnel, is pleasurable. If they don't want the Tiffany glass broken, don't put it on makeshift shelves in the middle of aisles.
5. Lastly, I resolve this year to quit yelling at the TV when overpriced athletes refuse to stand as our national anthem is played. Even as an unabashed liberal, who believes in free speech, I don't like it. I recall in my freshman year reading Henry David Thoreau's *Civil Disobedience*. Individuals have an ethical duty to protest what they consider to be unjust laws or actions of their government, but at the same time pay the price for that protest. Thoreau spent a night in jail for not paying his taxes. If the athletes are indeed protesting police action, they should block the entrance to a police station or chain themselves to the door, and then be arrested. They should then pay the fine or spend a night or two in jail after a criminal conviction. Currently by just kneeling at the games, they have no real stake in this civil disobedience and nothing to lose.

Tis the Season!

By Rodney Harris



This is the time of year we all look forward to spending time with friends and family. We gather around the table or the Christmas tree with loved ones and share our stories of the year gone by. We stuff ourselves with ham and all the fixings to include Grandma's famous pumpkin pie. While we gather and bask in the holiday joy there are veterans who are in a VA hospital wishing for the smallest of things such as being home with family or enjoying a holiday meal. While they are getting the care they need, their hearts and minds are miles away with loved ones they miss so much. This is where all Americans should stop and think of their freedom and rights that these veterans fought so hard to protect. Some gave all for the right to celebrate holidays and the religious freedoms we share. Sure, we remember them on Memorial Day and Veterans Day but we seem to forget that they are veterans every other day of the year as well, and should be recognized for their service to our country. So as veterans and Americans we should reach out to these fine men and women with the joys of the season and let them know how much their sacrifices mean to us. Purchase an extra gift to give or do something for a veteran in your community to show you care. You can also volunteer to serve at a homeless shelter or at your local VA hospital. Remember to include our younger generation as they should realize the struggles and hurdles these fellow Americans face every day in order to live a productive life in society. Until you meet a veteran you will never know the person they are. We all need someone to lift us when we are down, and a nice handshake with a kind word can go a long way in filling the empty space in their hearts that they are feeling. So this Christmas take the time to visit a veteran in the hospital and thank them for the freedom you enjoy in celebrating this holiday season. The reason for the season is giving, so try and give back to someone in need. My life is dedicated to honor those who served and I enjoy sharing time and life stories with them. I just want to thank all of you for serving and allowing me to celebrate with my family the joys of this and every holiday season.

Georgia Aquarium

By Charley Wright



Members of the Gateway PVA Chapter and other disabled veterans from all around the USA descended upon Atlanta, Georgia to dive and snorkel at the Georgia Aquarium. The St. Louis VA SCI Recreation Therapy Department and LifeWaters (non-profit disabled scuba foundation) participate in the "Veterans Immersion Program" twice a year in Atlanta. This year over 60 disabled veterans,

Continued on Page 5

Continued from Page 4

family members and volunteer dive staff took part of the veterans' weekend this past November. Veterans and family members receive first class treatment throughout the weekend from the aquarium staff and their volunteer dive teams.

Family members have the opportunity to not only get private tours but also have the perfect picture moments to see their loved ones

scuba diving and snorkeling with four whale sharks and various other salt water creatures from all around the world. With over 6+ millions of gallons of water to play in, our veterans have life changing moments coming face to face with whale sharks that measure over 20 feet in length and manta rays who have wing spans of over 15 feet. If you are interested in participating next year, we will be traveling in the spring and again in the fall for 2017. Contact Charley Wright SCI Recreation Therapist/Adaptive Scuba Instructor for more information.



Rentals, Leasing, and Financing Available



Amerivan



Braun rear entry

- New & Pre-owned Wheelchair accessible vans: BraunAbility/ Eldorado Amerivan
- Truck (ATC) & SUV (Braun MXV) conversions
- Wheelchair / Scooter Lifts
- Bruno Valet Plus Seats
- Hand Controls & More

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St. Louis Service Office Move

The St. Louis Service Office has moved to a new location, the old Record Center. Fred Bradley's, Senior Benefits Advocate, and Jeremy Lile's, National Service Officer Candidate, new contact information is shown below:

St. Louis Service Office
Paralyzed Veterans of America
9700 Page Blvd, Room 1-114
St. Louis, MO 63132

Phone: 314-253-4480
Toll Free: 800-795-3614
Fax: 314-253-4150

Annual SCI Chili Cook-off

Matt Luitjohan

Come and join us for the greatest chili cook-off known to the VA. It's once again time to start getting your chili recipes perfected and then put it to the test on January 19th, 2017. All crock pots of chili must be in the SCI dining room by 11:30AM. There will be chili tastings and voting by all, followed by a wonderful luncheon provided by the Gateway PVA Chapter. *Please inform us if you plan to bring a pot of chili so that we can have adequate table space for all of 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 Ext 64590.

Cluster Busters

Charley Wright



The St. Louis VA National Veterans Boccia Team "Cluster Busters" traveled to Chicago this December to compete in the Boccia Regional Tournament. There were over 60 athletes who competed in the two day competition. With only four of our team members able to travel, we brought home two gold, one silver and one bronze. Cluster Busters had a total of 30 individual competitions with only four of those came with a loss. Doug Barnes BC5 Gold, Rose Ganz

Open Silver, Lou Monken Open Bronze and Joey Avellone also comes home with a gold and went undefeated during the match and will travel with the USA Boccia Team to Montreal Canada this spring. We are very proud of our Cluster Busters Boccia Team and look forward to an exciting 2017.

GATEWAY GI

General Information



Welcome to our new members:

Scott Geiger of Osawatomie, KS

Missing in Action

Have you seen or know the whereabouts of these members? They are in danger of being dropped from the PVA roster. Please call us, write to us, or e-mail us if you know where they are! Our contact info is inside the front cover.

Lynn McGrane • Perry Burch • Michael Elzey • Allen Medford • Jeffrey Ford

Eddie Dillard • James Minton • Randy McGahan • George Haggard • Frederick Claxton

Ricky Boykin • Richard Lindenbush • James Smith

Receive Gazette via Email

We are offering the option to receive our Chapter's newsletter by email. Members taking advantage of electronic delivery will help to reduce the cost of printing and postage. In turn, this will allow the Chapter to put more funds toward our members and member programs. If you have not done so already, please contact Administrative Assistant Amber Lee at amber@gatewaypva.org, or Executive Director Chris Blanchard at chris@gatewaypva.org, if you would like start receiving your newsletter electronically.

SCI Recreational Therapy Calendar

An online calendar for the St. Louis VA SCI Recreational Therapy (RT) activities is in the works by Matt and Charley. Once completed, Gateway members will be able to look at this calendar on the Gateway Chapter website or the RT website that is currently in development. This calendar will have all planned events/activities for the year, dates and times being susceptible to change. An announcement will be made when the site is up and running.

Bingo

Chris Blanchard

The Gateway Chapter would like to start a recurring bingo game in the St. Louis area to help the Chapter fund member programs. Amber and I are able to take care of the technical aspects of putting it together, **BUT WE NEED VOLUNTEERS** to actually run the games. Please contact the office if you are interested in becoming a recurring volunteer.

VETERANS DAY 2016 PARADE



On November 5, 2016, the St. Louis Veterans Day Parade and 5k participants and supporters were fortunate to enjoy beautiful weather all day with only a slight chill. The Gateway Chapter member veterans that attended the event also enjoyed the traditional lunch at Maggie O'Brien's restaurant after the parade.

In memory of...

Chilton Christopher	Lees Summit, MO	10/14/2016
Richard Johnson	Lansing, KS	10/18/2016
Robert Wacker	St. Louis, MO	11/03/2016
Patrick Sauer	Kansas City, MO	11/06/2016
Eduardo Sandoval	Wichita, KS	11/15/2016
Sary Osteen	Frankfort, IL	11/25/2016

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





We proudly support Gateway PVA!

Sign up for our email newsletter

You'll be entered to win a Yeti Tundra Cooler!

Send an email with the subject line "Gateway PVA" to marketing@unitedaccess.com. We'll add you to our email list.



We're here to help

If you have a **service-connected disability**, you may qualify for VA funding assistance for wheelchair accessible vehicles or driving modifications. If your current mobility vehicle is over 2 years old, you may even qualify for a brand new conversion.

Contact us today!

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St. Louis, MO 63134

St. Louis (South) Store

10232 Rahning Rd A
St. Louis, MO 63127



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Paralyzed Veterans of America

Sports & Recreation

SCHEDULE OF EVENTS

For more information, contact:
Paralyzed Veterans Sports at
800.424.8200 or pva.org/sports

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

WISCONSIN

July 29–31, 2016
Rifle & Pistol Shoot
July 29, 2016
Green Bay, WI

NORTHWEST

August 5–7, 2016
Summer, WA

OREGON

August 19–21, 2016
Hillsboro, OR

NORTH CENTRAL

Sept. 9–11, 2016
Sioux Falls, SD

KEYSTONE

Sept. 23–25, 2016
Clairton, PA

MID-ATLANTIC

October 7–9, 2016
Richmond, VA

ARIZONA

October 28–30, 2016
Tucson, AZ

NEVADA

March 17–19, 2017
Las Vegas, NV
Pistol Shoot
March 17, 2017
Las Vegas, NV

CAL-DIEGO

March 24–26, 2017
Rifle & Pistol Shoot
March 24, 2017
Lytle Creek, CA

VAUGHAN

April 21–23, 2017
Edwardsville, IL

MINNESOTA

April 28–30, 2017
Minneapolis, MN

COLONIAL

June 2–4, 2017
Baltimore, MD

YEAR-END

June 16–18, 2017
Cedar Rapids, IA

BOCCIA TOURNAMENTS

NEVADA

January 27–28, 2017
Las Vegas, NV

PUERTO RICO

March 18–19, 2017
TBD

NEW ENGLAND *

April 7–9, 2017
Brockton, MA

CALIFORNIA/

CAL-DIEGO

May 11–12, 2017
San Diego, CA

MID-ATLANTIC

June 24–25, 2017
Richmond, VA

GATEWAY

(YEAR-END)

August 17–20, 2017
St. Louis, MO

*New England will hold a combined Air Rifle/
Pistol and Boccia Tournament.

ANNUAL AIR RIFLE & PISTOL PROGRAM

WISCONSIN

August 18–20, 2016
Milwaukee, WI

ARIZONA

August 27–28, 2016
Phoenix, AZ

CAMP PENDLETON

Sept. 8–9, 2016
Camp Pendleton, CA

CAL-DIEGO

January 30–31, 2017
San Diego, CA

MID-ATLANTIC

March 22–23, 2017
Richmond, VA

NEW ENGLAND

April 7–9, 2017
Brockton, MA

BUCKEYE

April 28–29, 2017
Geneva, OH

PARALYZED

VETERANS

NATIONAL

TOURNAMENT

TBD

PARALYZED VETERANS HANDCYCLING

TOP END EURO-AMERICAN HC CHAMPIONSHIPS

Feb. 3–4, 2017
Clermont, FL

VALLEY OF THE SUN

Feb. 11–12, 2017
Phoenix, AZ

ONE CITY MARATHON

March 12, 2017
Newport News, VA

PARALYZED VETERANS BASS TOUR

MID-AMERICA

Sept. 23–25, 2016
Eufaula, OK

SOUTHEASTERN

October 14–16, 2016
Evans, GA

VAUGHAN

October 28–30, 2016
Mt. Vernon, IL

FL. GULF COAST

March 31–April 2, 2017
Kissimmee, FL

KENTUCKY-INDIANA

May 5–7, 2017
Gilbertsville, KY

NORTH CENTRAL*

May 25–26, 2017
Chamberlain, SD

NATIONAL

June 2–4, 2017
LaPlata, MD

NEVADA*

June 3, 2017
Las Vegas, NV

MID-ATLANTIC

June 9–11, 2017
Richmond, VA

* A non-sanctioned event

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

MID-ATLANTIC

Sept. 16–18, 2016
Virginia Beach, VA

MID-SOUTH

October 14–15, 2016
Memphis, TN

MID-ATLANTIC

March 17–19, 2017
Midlothian, VA

MID-AMERICA

April 7–9, 2017
Oklahoma City, OK

MOUNTAIN STATES

April 21–23, 2017
Fountain, CO

BUCKEYE*

June 16–17, 2017
Independence, OH

KENTUCKY-INDIANA*

TBD

* A non-sanctioned event

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

MOUNTAIN STATES

August 18–21, 2016
Colorado Springs, CO

MID-ATLANTIC

Sept. 23–25, 2016
Richmond, VA

NEVADA

December 1–4, 2016
Las Vegas, NV

FLORIDA

GULF COAST

Feb. 24–26, 2017
Oldsmar, FL

MID-AMERICA

March 16–19, 2017
Shawnee, OK

KENTUCKY-INDIANA*


TBD

* A non-sanctioned event

37TH NATIONAL VETERANS WHEELCHAIR GAMES



January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 	3 	4	5	6	7
8	9	10 BOD Mtg. @ GPVA 11:30 am 15pts. Non-BOD Mbr.	11	12	13	14
15	16 	17	18	19 5/15 pts Chili cook-off & Member/Patient Luncheon @ Noon	20	21
22	23	24	25	26	27	28 VA Sports Day VA JB Gym 10am-3pm
29	30	31				

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Newsletter Articles Due 15 pts. published	2	3	4
5	6	7 BOD Mtg. @ GPVA 4:00 pm 15pts. Non-BOD Mbr.	8	9	10	11
12 Lincoln's Birthday	13	14 	15	16 Member/Patient Luncheon @ Noon 5 pts.	17	18
19	20 	21	22 Washington's Birthday	23	24	25 Team St. Louis Fundraiser Trivia Night Crestwood Elks 5pm-10pm
26	27	28				



**Paralyzed Veterans
of America**

Gateway Chapter

**1311 Lindbergh Plaza Center
St. Louis, MO 63132**

Current Resident or

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**Gateway PVA Transportation Program
Public Notice of Rights under Title VI**

Gateway Chapter, Paralyzed Veterans of America (PVA) operates its programs and services without regard to race, color, or national origin, in accordance with Title VI of the Civil Rights Act of 1964.

If you believe you have been discriminated against on the basis of race, color, or national origin by Gateway Chapter, PVA Transportation Program, you may file a Title VI complaint by completing, signing, and submitting the agency's Title VI Complaint Form.

How to file a Title VI complaint with Gateway Chapter, PVA:

- By request through email or written to the Chapter, verbal request to a driver, or online request through the website.
- In addition to the complaint process at Gateway Chapter PVA, complaints may be filed directly with the Federal Transit Administration, Office of Civil Rights, Region 7, Federal Transit Administration, 901 Locust St., Suite 404, Kansas City, MO 64106, Ph: 816-329-3920 or by fax at 816-329-3921.
- Complaints must be filed within 180 days following the date of the alleged discriminatory occurrence and should contain as much detailed information about the alleged discrimination as possible.
- The form must be signed and dated, and include your contact information.

If information is needed in another language, contact 314-427-0393.

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