

GATEWAY GAZETTE

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

ST. LOUIS VAMC PRESENTS AWARDS TO GATEWAY CHAPTER AND OUR MEMBERS & VOLUNTEERS

On May 2, 2008, the St. Louis VAMC held their Annual Volunteers Awards Banquet at Windows Off Washington to honor volunteers for their many hours of service and dedication. Gateway Chapter received the 2008 Director's Award for Outstanding Group-Jefferson Barracks. Many Gateway Chapter members and volunteers were honored for their extensive contributions to the St. Louis VAMC at this banquet.



Rose Ganz, Victor Ganz and Ted Larson enjoying the Awards Banquet.

The following individuals received awards:

William Baker—Jefferson Barracks 12 Years and 6941 Hours
Harold Brakefield—Jefferson Barracks 16 Years and 4198 Hours
Denis Canoy—Jefferson Barracks 2500 Hour Award Pin
Rose Ganz—Jefferson Barracks 5000 Hour Award Pin
Vernon Ganz—Jefferson Barracks 6250 Hour Award Pin
Matthew Wilcox—Jefferson Barracks 22 Years and 2002 Hours
James Williams—Jefferson Barracks 5 Years and 1308 Hours



Gateway Chapter receives the 2008 Director's Award for Outstanding Group - JB

Congratulations to the entire Chapter for all your many hours of hard work!

28TH NATIONAL VETERANS WHEELCHAIR GAMES, OMAHA, NEBRASKA By Bobby Jackson

The 28th Annual NVWG (National Veterans Wheelchair Games) summer games in Omaha, Nebraska are just a few weeks away (July 25-29). There will be four hotels for the games this year, all within a couple blocks of the Quest Convention Center. If for some reason at the last minute you cannot go to the games, you need to make arrangements to cancel your hotel room before the games. Otherwise, you will be billed for one night's room plus tax by the National PVA. If this amount is not paid in full, you will not be able to participate in any present or future games until this has been paid. The Quest Convention Center will be used for most of the events including softball. Sled hockey will be an expedition event this year and trapshooting has been made a medal event.

Some of the expenses that you should expect are: hotel costs are \$150 a night for six nights making a total of \$900, a flight from St. Louis is \$162, and any expenses you may have for food. For those that are driving, it is 354 miles to Omaha from St. Louis and once you get there, you will have to pay \$20 a day to park your car.

For those receiving Sports Points checks, they will be handed out at the July luncheon. You must keep the receipts and turn them in to the chapter office.

For more information about Sports Points and the 29th NVWG see the continuing article on page 5.

TRAVELING WALL COMES TO DE SOTO, MO

A moving tribute to America's veterans was on display in De Soto, Missouri from May 8-11 at Walther Park. The Traveling Vietnam Veterans Memorial is a replica of the Wall that stands in Washington, D.C. The replica reaches more than 8 feet tall and is 370 feet long. The Memorial also includes a walk of Heroes which remembers nearly 3,000 people who died



in the September 11 terrorist attacks. Many veterans and their families attended this rare occasion. Pictured to the left: The Gateway Chapter PVA President, Stan Brown, and Board Member, Mike Norris, presented a memorial wreath during the ceremony.

ATTENTION 2008 NVWG TEAM MANDATORY TEAM MEETING

JULY 17th at 12:30 p.m. JB Bldg 52 Dining Room

INSIDE... Insert—Nomination of BOD & Officers
Page 2 Medical Foster Homes; Moonlight Ramble
Page 3 President's Report
Page 4 Attaboy; Bowling Tournament
Page 5 Canoy Memorial Golf Tourn.; In Memory of
Page 6 MO Stars Rally; MIAs
Page 7 Jack Buck Memorial Golf Tournament
Page 8 Fred Bradley at JB; Pets for Vets Program
Page 9 VA Beneficiary Travel Benefits; Trap Shoot
Page 11 Calendar of Events
Page 12 Photos of Local WCG & JB Clinic Info

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

Gateway Chapter Paralyzed Veterans of America

<http://www.gatewaypva.org>

GPVA Officers

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Vice President	Robert Huskey, PhD
Treasurer	Dennis Durrwachter
Secretary	Bob Larkin
National Director	Stanley Brown

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Ruth Kult	Ann Malburg	Mike Norris
Jim Spencer	James Williams	

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Cathy Steele Secretary

Jefferson Barracks VA Medical Center

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Spinal Cord Injury Service, Room 2S25
St. Louis, MO 63125

Bob Sontag, LCSW (314) 652-4100 ext. 6-4819
Robert M. Woolsey VA Spinal Cord Injury Center

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Steve Muench William Perry

MEDICAL FOSTER HOME PROGRAM

The VA Medical Center in St. Louis has been selected as one of approximately 30 VAMCs to begin a Medical Foster Home program (MFH).

This initiative is on a "fast track" to be developed and will be in operation in the next few months. A Coordinator is being hired, and will be supported by nursing, recreation therapy and occupational therapy. Home Based Primary Care (HBPC) and SCI Continuum of Care Team will both be critical parts of the program.

MFH is designed to provide a homelike environment for 1 or 2 veterans who otherwise might need to be in a skilled nursing facility. The veteran pays the caregiver \$1200 to \$2500 to provide this care, which includes room and board, 24 hour supervision, assistance with medications and whatever personal care is needed.

The homes are inspected and approved by the VAMC and the caregivers are carefully screened and monitored.

We are at this time recruiting caregivers who might like to participate in this program. Please help us spread the word.

Any veterans interested in using this program can contact me at 314-652-4100, x6-4819.

Submitted by: Bob Sontag, LCSW, Social Worker
Robert M. Woolsey Spinal Cord Injury Center

MOONLIGHT RAMBLE AUGUST 16TH WITH PVA MEMBERS

If there is anyone interested in riding their handcycle or bicycle with a group of PVA members in the 45th Annual Moonlight Ramble this year, please get in touch with Dennis Durrwachter at 636-928-3493 (ddurrwachter@gatewaypva.org). The Moonlight Ramble will be held during the full moon at midnight on August 16 in downtown St. Louis. See the following website for more information: <http://www.moonlightramble.com/mr/>.

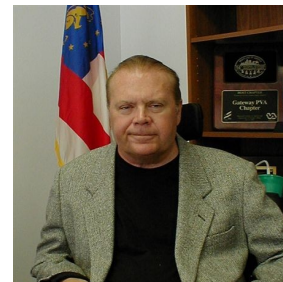
Has your address changed? Please inform us by email to: susanlyle@gatewaypva.org, or writing or calling using the below information:

Gateway PVA
9738 Lackland Road
St. Louis, MO 63114
(314) 427-0393 or (800) 426-4058
(314) 427-4183 (fax)

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: Tammie@gatewaypva.org or in the US mail at address shown above and mark with attention to the Editor.

President's Report

By Stan Brown

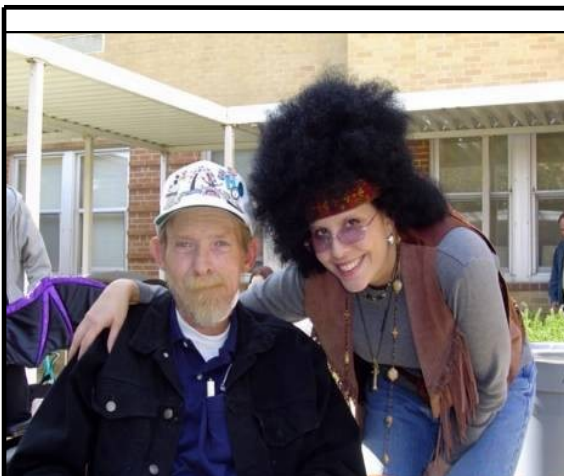


Gateway Board Elections—WE NEED YOU!

Enclosed with this newsletter is a nomination form for our upcoming elections for board members and officers. As President, and one of the old guys, I can frankly tell you we need new people and new perspectives to go with the core group that's been doing all the work for the last few years. To accommodate new people, we now have our board meetings alternating between 11:30 a.m. one month and 4 p.m. the next month on the second Tuesday. Please nominate yourself or someone else you feel would contribute. We especially need members from outside the St. Louis area.

In Remembrance—Denis Canoy

Longtime board member Denis Canoy passed away in May. Denis' passing so soon after Matt Wilcox's death, has deeply affected me and I'm sure many of our other members. How fragile and yet how inspirational our wheelchair lives are. Denis devoted three days per week to his dialysis treatment. After Matt's death, I asked Denis to fill in for Matt on our board and hospital committees. Denis said he would do what he could with the free time he had. That response sums up what he was willing to give to us all. He endured so much and yet always kept a smile. Rather than continue with my usual long column and comments, I offer the pictures below of Denis and other recently departed board members Matt Wilcox, Harold Brakefield, Bill Vickers, and Jim Bird. Take time to remember these friends.



Bill Vickers with Physical Therapist Amy Will



Left:
Matt
Wilcox,
Denis
Canoy,
and
Harold
Brake-
field



Harold Brakefield



Matt Wilcox and Denis Canoy



Jim Bird

Attaboy

By Ruth Kult

A bit of a shocker. Very, very bad and terribly sad news.

Out of sight, but definitely will never be out of the hearts and minds of the many people that knew and just adored Mr. Denny Canoy. As far as I'm concerned Jefferson Barracks will never be quite the same. There are very many good people around, but not even one could hold a candle to Denny and his awesome personality. He REALLY was one of a kind.

What will be the strangest is on Tuesdays and Thursdays. Those were his days at Jefferson Barracks. They also happened to be mine. Going down the hallway to Arts-n-Crafts and not hearing the loud hum of the glass cutter/grinder will be different. Whoever said a quadriplegic couldn't grind glass and do it so beautifully! He did so many stepping-stones as well as other glass projects. And, talk about family loyalty. I guess he told his daughter he had unfinished work in Arts-n-Crafts, because she was in there today. Other people cut glass, but it seemed like that was his domain. It is no wonder he was a first-place medal winner more than a few times. Another thing we held in common was Thursdays at the bowling alley. Just face it Denny will always be a great memory that many of us are lucky to have.

When Amy Will told me at the swimming pool that Denny's outcome wasn't looking favorable, I blew off swimming and went to the hospital. I had a case of wishful thinking as far as Denny's condition went. I kept thinking he had been down before and he had bounced back well so many times. I saw a few of his family members at St. Louis University Hospital. One of his sisters and myself thought he'd been through a lot and this would be just a temporary down. I guess his poor little body just was done with the fighting. Well, he didn't give up. He was just tired and now he's watching and probably laughing at us saying I told you I'd get out of this chair one day.

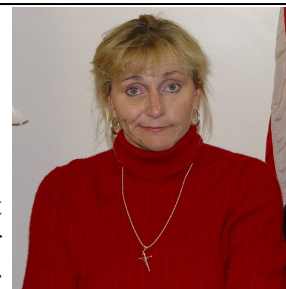
Denny had an awesome personality and an outstanding presence about him. Like Matt Wilcox and Harold Brakefield, Denny served on the board for years, but then didn't want to run for another term. He stayed active as a member, though. However, upon Matt's unexpected demise, Denny willingly filled in on the board.

Denny had such a great family. His own mother, Kate, was a volunteer in Arts-n-Crafts for many years. She was another reason why Denny was so incredible. Everyone in his family was genuinely interested and would get really involved with him and his willingness to be a participant with pretty much everything. I mean come on, when his own nephew realized a few years ago the Gateway PVA wasn't doing too well financially, he personally organized a golf tournament and raised money to donate to us. Jim Canoy continued on last year with another Canoy Hack-a-thon golf tournament for his uncle and it just seemed to blossom into a huge success, raising just under \$10,000 to donate to our membership. Jim plans to do a memorial tournament this year to honor his uncle.

I do know Denny was very involved with fundraisers for the Gateway PVA and the Jefferson Barracks Sports Team, "The Honor Roll". Whenever there was a meat shoot at the High Ridge Elks to benefit the athletes attending the NVWG and the WSC, he'd participate and bring many of his family members. Denny's family would generously spend quite a lot of money, which helped the meat shoots to better benefit the athletes.

I could go on and on about Denny and his great attitude and love for life, friends, and family, with emphasis on his mother, Kate, and his kids and grandchildren that he was so proud of. I think that for the people that knew him well, his passing leaves a huge emptiness. I also feel sad for the few people that didn't know him. They'll miss out on his extraordinary example of how life serves you lemons, and you make lemonade.

For those of us that went to the games in Alaska, have a DUCK FART on Denny's behalf. Adios Amigo, we will always love you and hold the fond memory of you in our hearts!



BOWLING FOR GPVA

On April 26, a bowling event planned by Lonnie Crider was held at St. Clair Bowling Lanes in O'Fallon. Lonnie requested that all proceeds go to the Gateway Chapter's sports program for the NVWG. They raised \$625 at this event. Thanks to Lonnie and all who attended for their support!



DENIS CANOY MEMORIAL GOLF TOURNAMENT

(formerly the Canoy Hack-A-Thon Golf Tournament)

WHEN: Saturday, September 13

8:00 a.m. shotgun start of 4 man scramble

WHERE: Deer Chase Golf Club

(Lynn Creek, MO—Lake of the Ozarks)

COST: \$65.00 per person (includes golf, cart, t-shirt & giveaways)

Closest to the Pin on #16: cost to play \$7, additional bonus shot available for \$3.

Trophies awarded to all first place teams in their flight.

Snacks/refreshments immediately following at Gull-Ables Bar & Grill, Camdenton, MO (573-346-4994) with 50/50 draw for cash, door prizes, music and auction. Auction will consist of sports memorabilia, golf items and many other items. **ALL PROCEEDS WILL BE DONATED TO THE GATEWAY CHAPTER, PVA.****TO REGISTER:** Call Pam at Gull-Ables (573-346-4994) or call Jim Canoy at (314-835-1551 office or 314-799-5804 cell). Register NOW as remaining openings for registrants are filling very quickly.

Hotel information: Sleep Inn (573-346-4501) located near Gull-Ables with rates of \$100+tax for smoking and \$89+tax for non-smoking rooms.

TO MAKE A DONATION: If you are unable to attend and would like to make a donation, please mail checks payable to Gateway PVA to Jim Canoy, 1805 Boaz Avenue, Kirkwood, MO 63122.**-Gateway PVA would like to welcome the newest arrival to the Jim Canoy family-**

Braden James was born 6/11/08. He weighed 7 lbs., 9 oz. & measured 19" long. Congratulations!

**29TH NATIONAL VETERANS WHEELCHAIR GAMES AND 2009 SPORTS POINTS**

By Bobby Jackson, Sports Director

The 29th NVWG will be held in Spokane, Washington on July 13-18, 2009. To help with the cost going to events like this, the chapter has a program called Sports Points. You earn points by attending chapter-sponsored events such as the monthly luncheon at Jefferson Barracks, quarterly membership meetings, fundraisers such as the High Ridge Elks meat shoot, pool tournament, Chapter Golf Tournament in September, the Veteran's Parade downtown St. Louis in November, and on July 12th, the Star Motorcycle Club will be visiting Jefferson Barracks and presenting a check to the Chapter for a fundraiser that they held for us on June 7th. There are many other opportunities to earn Sports Points. The main events that Sports Points are used for are the Winter Sports Clinic and the National Veteran Wheelchair Games.

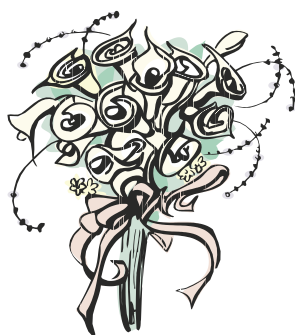
We need your participation at these events! People that

put on these events work very hard on these events to raise money for us. The least we could do is show up at these fundraisers. I know for some this is a difficult task, but please try. This lets them know that we appreciate their efforts in what they are doing for us.

Beginning with the August luncheon, I will start taking attendance for Sports Points. Please let me know if you are interested in attending the games next year so I know who to look for at our events. To ensure that we receive them, next year we will ask for your receipts prior to releasing the Sports Points checks. The reason we ask for receipts is because as a non-profit organization we need to document where the money goes.

If you have any questions about the 28th NVWG or Sports Points, please contact Bobby Jackson (email: sports@gatewaypva.org or 636-274-9800).

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

In memory of...

Everett Alfrey
Bruce Jantz
Steven Cox
Gerald LeGrand
Ted McCorvey
Denis Canoy
Herbert Rayford
Louis Sutton
Jerry Ray
Tom Noblin

Kinsley, KS
Fort Dodge, KS
Columbia, MO
Braidwood, IL
St. Louis, MO
Florissant, MO
Belleville, IL
Greenville, IL
Swansea, IL
DeSoto, MO

04/14/2008
04/02/2008
04/27/2008
05/01/2008
05/01/2008
05/12/2008
05/19/2008
05/22/2008
05/25/2008
05/29/2008



"THANK YOU" TO THE CENTRAL MISSOURI STARS MOTORCYCLE CHAPTER

Central Missouri Stars Motorcycle Chapter 332 held a rally at Red Oaks Resort on June 7 (organized by Robert & Leslie Fitzgerald) and gave the proceeds to the Gateway Chapter. With the weather cooperating and many attendees, they were able to raise \$2,136.91. Events included a Poker Run, Rodeo events, Big Game Hunt, Slow Drag, and Brain in the Bucket Toss. Central Missouri Stars will be riding to Jefferson Barracks around 1 p.m. on Saturday, July 12, to visit the patients. Please stop by to thank them for their support! Below are some photos of the fun in Camdenton, Missouri:



Photos (L-R): Contestants in the Big Game Hunt, Contestants in the Brain in the Bucket Toss, Robert Fitzgerald finishing Poker Run with Board Member Bob Larkin observing, and last, Spectators including Board Member Bobby Jackson & GPVA van driver, Jim Tumulty.

MIA

Have you seen or know the whereabouts of these members? They are in danger of being dropped from the PVA roster. Please call us at (314) 427-0393 or toll-free (800) 426-4058, write us at GPVA, 9738 Lackland Road, St. Louis, MO 63114 or email us at SusanLyle@gatewaypva.org if you know where any of these members are!

Anderson, Roamin
Austin, Jason W.
Bunch, Jack
Calhoun, Michael
Fuqua, William

Jones, Ralph
Kiesling, Elmer (Bill) W.
Kilcoyne, Timothy L.
Lauderdale, Charles T.
McPherson, Darrell

Pettus, Joel
Pfeifer, James E.
Roden, James T.
Sullivan-McGuire, James
Washpun, Odell



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“Passing The Buck”**By Christine Buck Mason**

The 13th Annual Jack Buck Golf Tournament is rapidly approaching. It's been my honor to co-emcee this event for the past three years.

There are so many people who help with this tournament to make it better each year. It's too dangerous to try and name everyone involved because I would surely miss mentioning someone or some company.

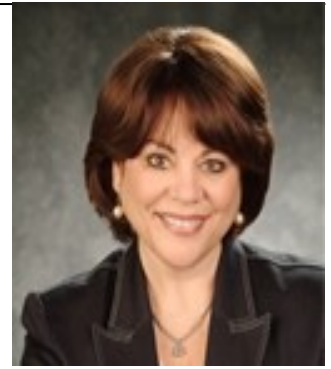
So, I'll only mention Bob Rives. Bob helped jump start this event two years ago by recruiting several people to assist in various capacities. Consequently, the Gateway Chapter has enjoyed increased revenue and a commitment from a real “go-getter.” Bob's sincere desire to give back is contagious and inspiring.

I encourage all vets to come out to not only thank Bob, and others, but it would also give the participants an opportunity to thank YOU for your many sacrifices and services to our country. It would be great to see more veterans from the Gateway Chapter this year. I'll be there with Jay Randolph who can share cherished stories about being on the road with my dad during the baseball seasons. I can promise a few good laughs, a lot of fun and great food.

I'm very grateful to everyone who comes to this event because it keeps my dad's memory alive. All of you know how much my father cared.

So, wish away any more rain and be there September 9th...so we can say, “That's A Winner!”

Thanks so much,
Christine Buck



Photos from our Annual Jack Buck Memorial Golf Tournaments (L-R): GPVA President Stan Brown discusses details with co-emcee and daughter of the late Jack Buck, Christine Buck Mason, Bob Rives greets everyone, Board Member Matt Wilcox posed for the camera, and Board Members Bobby Jackson, Matt Wilcox and President Stan Brown enjoying good company. Don't miss the fun at the Landings at Spirit Golf Course!

13th Annual Jack Buck Golf Tournament**By Susan Lyle, Executive Director**

Our 13th Annual Jack Buck Golf Tournament, will once again be held at the Landings at Spirit Golf Club in Chesterfield, MO. This will be our sixth year without our beloved friend, Jack. Mr. Buck passed away on June 18, 2002. He was part of our lives for many, many years (long before the golf tournaments) and would often visit his fellow veterans at Jefferson Barracks VAMC. He was an awesome story-teller and would amuse the patients for hours; they looked forward to his visits. Jack was proud to have served in the army. Consequently, the army helped him get his start in broadcasting - Jack used the GI Bill after WWII to get his college degree and worked at the university's radio station. His career in broadcasting was a fitting one for a man with a big heart and the gift of communication. Broadcasting must be in the Buck genes because Jack's daughter, Christine, is a television journalist. Christine Buck Mason has been in broadcasting for Channel 11 News nearly 30 years. She was Weathercaster, News Anchor, an Assignment Reporter and now Feature Reporter. Christine's husband, David, owns David Mason & Associates architectural firm. Together, they have been a prominent presence in St. Louis – actively involved with charitable organizations and local community endeavors. The Gateway Chapter is proud to have Christine by our side to continue our life's work for the Paralyzed Veterans of America. Please join us on September 9 to honor the memory of her father and support the local chapter's programs for our honorably discharged veterans with spinal cord injury or disease. Call our office for more golf details!

MY NEW ROLE AT JEFFERSON BARRACKS By Fred Bradley

My function at JB is to advocate on hospital issues. Complaints regarding quality of care such as not being turned, not being bathed, not being assisted with feeding if you are unable to feed yourself, conflicts with staff, transportation concerns, delays in getting medicine or equipment, prosthetic concerns, co-payment problems, etc. This also includes patients who have gone to the John Cochran facility. In fact, I am especially interested in any problems you may have encountered during a visit or stay at the John Cochran facility.

I will do my best to resolve any hospital or care-related issues. Keep in mind that sometimes the problems can be resolved quickly, usually slowly and/or regrettably may never be resolved (an example that comes to mind is the unresolved problem of parking at the John Cochran facility).

I am also here to complete forms to file for service connection for a disability, file forms to obtain increased evaluation, file for non-service connected pension. I am here to answer questions on VA benefits.

Also keep in mind that the number one goal with the Paralyzed Veterans of America is to ensure the quality of health-care for our members & those eligible for membership who have a spinal cord injury or spinal cord dysfunction. This sometimes translates into saying that the patient must make me aware of problems as soon as possible so we can try to get them resolved. Waiting until you go home and then complain about something can be problematic, as after a long period of time, the urgency of the problem seems to decrease or is just forgotten about.

I'm still a member of the Major Medical Equipment Committee which helps insure there is a medical need for unusual or expensive equipment. I will be going to the MS Clinic at the John Cochran Division about 3 times per month.

For those of you familiar with the SCI Out-patient Clinic area, my office is down the hall toward the Crafts Room. My office is in Jim Weindel's old office in Room 2 South 25. My phone number is 314-894-6467; toll-free is 866-328-2670.

Stop by if you have questions or just want to say, "Hi"!



PETS FOR VETS PROGRAM THROUGH ALL PAWS RESCUE

(reprinted with the kind permission from St. Louie Tails, May 2008 Edition - Steve Kingan is a longtime GPVA volunteer)

According to a major Veterans Affairs study, 31 percent of male and 27 percent of female veterans of the Vietnam War suffered from post-traumatic stress disorder (PTSD) at some point after their return home. Symptoms of PTSD can include depression, bad dreams, irritability, and flashbacks. Many veterans from various wars are still receiving disability compensation for PTSD.

Steven Kingan of St. Louis, a disabled Vietnam veteran, knows what it's like to live with the disorder. "You can get lost in your own disability," he says. "Anything that gets you out of it is a good feeling."

Thankfully, Kingan has found something that gives him a purpose in his life—his 13-year-old white Persian cat, Polly, and his Chow/German Shepherd mix, George, also 13. Kingan adopted Polly from All Paws Rescue more than a month ago. Polly was going to be put down because senior cats have a difficult time finding forever homes. Through a mutual friend, Andrea Ohms of All Paws Rescue was able to get in contact with Kingan and give him Polly for free. Polly previously lived with a veteran who passed away. Kingan adopted George after his guardian passed away last August. He says that Polly and George get along very well.

"Steve is really good with animals," Ohms says. "He calls me every week and says he loves [Polly] to death."

After Ohms brought Polly to Kingan and saw how much the love of an animal brightened his day, they both agreed it would be a great thing to do for all veterans. Kingan was the first veteran adopter, but Ohms hopes the Pets for Vets program will grow. The program will be a way to not only help veterans, but also older and disabled pets, who would otherwise have difficulty finding a forever home.

According to Ohms, veterans interested in adopting a pet from All Paws Rescue must show proof of a military record and honorable discharge to ensure the safety of the animal. Although the pets will be free of charge, the adopting guardian must still go through an adoption process and show that he or she is capable of taking care of the animal.

Many soldiers returning home from Iraq and Afghanistan are dealing with various mental and physical disabilities that the unconditional love of a pet could ease. "If they can get this program up and going, I think it'll make a difference to the [men and women] coming home now," Kingan says.

For more information, visit APRescue.Petfinder.org or call 636-288-2999.

VA HEALTH CARE

By Bonnie Hilburn

Fact Sheet 16-2**February 2008****BENEFICIARY TRAVEL BENEFITS**

Benefit Description: If you meet the criteria below, you may be eligible for VA beneficiary travel benefits associated with obtaining VA health care services. In most cases, travel benefits are subject to a deductible. Deductibles **do not** apply for compensation and pension examinations and for travel by an ambulance or a specially equipped van.

You Qualify If:

1. you have a service-connected (SC) rating of 30 percent or more, or
2. you are traveling for treatment of a SC condition, or
3. you receive a VA pension, or
4. your income does not exceed the maximum annual VA pension rate, or
5. you are traveling for a scheduled compensation or pension examination, or
6. you are in an authorized Vocational Rehabilitation Program

You Qualify for Special Mode Transportation (Ambulance, wheelchair van, etc.) If:

1. your medical condition requires an ambulance or a specially equipped van, and
2. you meet one of the eligibility criteria in 1 through 4 above, and
3. the travel is pre-authorized (authorization is not required for emergencies if a delay would be hazardous to life or health)

Note: OEF/OIF Combat Veterans must meet one of the qualifying eligibilities or conditions noted above.

Mileage Rates:

General Travel.....\$ 0.285 (28.5 cents) per mile

Scheduled appointments qualify for round-trip mileage. Unscheduled visits may be limited to return mileage only.

Deductible.....\$ 7.77 one-way (\$15.54 round trip)

- Deductible requirement is subject to a monthly cap of \$46.62. Upon reaching \$46.62 in deductibles, travel payments made for the balance of that particular month will be free of deductible charges.
- Veterans whose projected income in the year of application will not exceed the applicable VA pension rate may request a waiver from the deductible requirement.

NOTE: Mileage reimbursement claims for travel prior to February 1, 2008 will be processed at the previous rates of 11 cents per mile for travel in relation to health care and 17 cents per mile for recalls due to an insufficient lab, EKG, x-ray, etc. in relation to a Compensation and Pension examination ("Convenience of the Government") with deductibles of \$3 per one-way trip; \$6 for a round-trip; with a maximum of \$18 per calendar month.



Veterans & staff from the Missouri Veterans Home take aim.

GPVA TRAPSHOOTS

3RD FRIDAY EACH MONTH
(July 18, August 15, September 19)

COME JOIN THE FUN!!!

OLIN TRAP & SKEET FACILITY - EAST ALTON, IL
LUNCH IS PROVIDED BY GATEWAY CHAPTER
PVA—PLEASE RSVP BY CALLING OUR OFFICE:
314-427-0393 OR TOLL-FREE 1-800-426-4058



Rex Sanders takes his shot, while James Williams & Roy Gant wait for their turn.

DO YOU NEED A RIDE?

The Gateway Chapter is currently seeking additional riders for our transportation routes for Veterans. If you are a member and need a ride, particularly on Mondays and Fridays, please call our office to see if we will be in your area at the time desired. Our driver is currently providing rides within 25 miles from Jefferson Barracks or 30 miles from our office to doctor's appointments, therapy, banks, light shopping, and other miscellaneous local destinations. Our van is in service Monday through Friday 9:00 a.m. to 4:30 p.m. Call our office for details: 314-427-0393 OR 1-800-426-4058

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<i>July 2008</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1	2	3 Independence Day Holiday- Office Closed	4 Independence Day Holiday- Office Closed	5
6	7	8	9	10 Patient Support Group at JB 1:30 - 2:30	11	12 Star Riders @ JB 1:00 p.m. & Handcycle Clinic at JB 9 a.m.
13	14	15 BOD Meeting Overland @ 11:30	16	17 Luncheon at JB @ Noon - 2008 NVWG Team Mandatory Meeting @ 12:30 p.m. -	18 Trap Shoot @ Olin - East Alton 10am	19
20	21	22	23	24	25 Learn to Ski Clinic - Lake St. Louis-MO Disabled Water Ski Assn.	26 July 25-29 28th National Veterans Wheel- chair Games
27	28	29	30	31 Officer & Director Nomina- tion forms due to Chapter office		Omaha, NE For more information: www1.va.gov/ vetevent/ nvwg/2008/ default.cfm

<i>August 2008</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
4th Annual GPVA Fishing Weekend September 5-7, 2008 Adapted Fishing Tournament, Swimming, Boating, Bonfires and BBQs Call 314-652-4100 ext. 64590 to reserve your cabin. All meals and activities are free of charge. Hope to see you again this year!					1	2
3	4	5	6	7	8	9
10	11	12 BOD Meeting Overland @ 4:00	13	14 Patient Support Group at JB 1:30 - 2:30	15 Trap Shoot @ Olin - East Alton 10am	16 Moonlight Ramble - Down- town St. Louis @ midnight
17	18	19 Newsletter Articles Due	20 Aug 20-24 Golden Age Games Indianapolis, IN	21 JB Luncheon @ Noon	22	23
24 31	25	26	27	28	29	30

Address Service Requested

Gateway Chapter
Paralyzed Veterans of America
9738 Lackland Road
St. Louis, MO 63114



Some Photos from Trivia Night Held at Jefferson Barracks

HANDCYCLING CLINIC AT VAMC - JB DIVISION SATURDAY, JULY 12TH 9:00 A.M.

It's time to load up those handcycles and head out to Bldg. 52 for a morning of cycling. Steve Hug, a representative from Invacare, will be on hand to answer any questions you may have about Handcycling. Jackie Wolz will also be available to give you tips on positioning and seating. Please call the JB Recreation Therapy Staff at 314.652.4100 ext. 66602 if you plan on attending. We also ask that you bring your handcycle with you on that day. We will have some demo handcycles available to "try out" on that day. Whether you are an experienced athlete who needs extra training before Omaha or you are a novice...this day is for you!

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