

# GATEWAY GAZETTE

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

## 2011 Duke McDonald/PVA Local Wheelchair Games



**Left-**  
Jeremiah Deguire  
received the Gold  
Medal for 9-Ball.

**Right-**  
LaRoy Smith and  
Barb Hamilton.  
LaRoy was presented  
with the 2011 "Spirit  
of the Games Award."



**Left-**  
Bill Skiles shows-off  
his bowling skills.

**Right-**  
Rusty Ezzell rode in  
on his motorcycle.



## Nominations Needed

By Executive Director, Susan Lyle

This edition of the *Gateway Gazette* includes an insert (for members only) to nominate their choices for the 2011-2012 Board of Directors and Officers. Please take the time to pull out the insert and carefully choose members who you feel best represent your chapter. You may nominate yourself, but don't forget to campaign so you can receive those votes when the ballots are mailed! **All Nomination Forms must be returned to the Chapter POSTMARKED NO LATER THAN JULY 29, 2011.**

All positions take a commitment on behalf of the nominee, so make sure you have discussed your nomination with the members of choice. Each nominee will be contacted by our office to confirm their approval to run for the specified position. Officer positions require more of their/your time than a Board of Director position, but all positions are required to attend monthly board meetings, special events, and other functions. Choose wisely—Vote carefully!

### *Inside—Important Upcoming Events & More...*

President's Message.....Stanley Brown  
GRD Report .....Jessica Dunsmore  
Attaboy.....Ruth Kult

Jack Buck Golf Tournament.....Susan Lyle  
Disaster Relief .....Fred Bradley  
Veterans Appreciation Day .....Susan Lyle

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

## Gateway Chapter Paralyzed Veterans of America

<http://www.gatewaypva.org>

### GPVA Officers

President	Stanley Brown
Vice President	Robert Huskey, PhD
Treasurer	Dennis Durrwachter
Secretary	Jim Spencer

### Board of Directors

Rose Ganz	James Holland, PhD
Bobby Jackson	Ruth Kult
Bob Larkin	Ann Malburg
W. "Rusty" Montague	Mike Norris
National Director	Stanley Brown

### St. Louis Service Office

400 South 18th St., Room 109—St. Louis, MO 63103  
Office: (314) 552-9887 or (800) 795-3614  
Fax: (314) 421-3709

Tony Timmons	National Service Officer III
Susan White	Secretary
Tom Herrington	National Service Officer II

### Jefferson Barracks VA Medical Center

Fred Bradley                      SBA-Senior Benefits Advocate  
JB SCI, Room 2S25  
#1 Jefferson Barracks Drive—St. Louis, MO 63125  
Office: (314) 894-6467 or (866) 328-2670  
Fax: (314) 894-6465

### Kansas City Service Office

Bonnie Hilburn	Senior National Service Officer
Rebecca Warchola	Secretary
(800) 795-3612	(816) 861-4700 Ext. 6032/33

### GPVA Staff

Jessica Dunsmore	Government Relations Director
Susan Lyle	Executive Director/Editor
Steve Muench	Telemarketing
John Vasel	Transportation
Jaclyn Wetteroff	Admin. Assistant/Co-Editor

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

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

### **PARKING/ACCESSIBILITY PROBLEMS?**

**If you encounter problems with parking/ accessibility in your community, please fill out the enclosed form and return to the Gateway Chapter office. See more information on page 4.**



Summer Splash 2011

July 29-30, 2011

Creve Coeur Park

Presented by:

The Missouri Disabled Water  
Ski Association

For more information, visit [www.MDWSA.org](http://www.MDWSA.org)

Kansas City Membership Forum  
August 12, 2011, at Noon in the  
Recreation Hall at the Kansas City VA Hospital  
4801 E. Linwood Blvd.  
Kansas City, MO 64128



Membership Picnic  
Friday, September 30, 2011  
10 a.m. until 3 p.m.  
At Lone Elk Park  
White Tail Deer Shelter



### **For Sale:**

Tan 1999 Ford Econoline (E150)  
5.4L, V8 accessible van; raised roof and lift.  
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Power driver seat; A/C; Cobra CB Radio;  
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**Gateway Chapter  
Paralyzed Veterans of  
America**

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](mailto:editor@gatewaypva.org)** or via US mail at the address shown to the left and send to the attention of the editor.

## President's Message

By Stanley D. Brown



*At the End of the Day, Month, Year, Your Life - It's Not What You Have, But What You've Given*

The message above describes the essence of volunteerism and I believe most religious thought. It also describes what truly drives our Gateway Chapter of Paralyzed Veterans of America. I see the countless hours our members, and especially our Board of Directors, volunteer to help our membership and the disability community. Their work provides services and direct funding to pay for the monthly luncheons for both inpatients and the outpatients who come to the SCI unit to mingle with everyone. It's especially important for longtime chair users to be among and talk to the newly injured undergoing rehabilitation at the SCI unit. By example, the outpatients can show the newly injured veterans that life in a wheelchair can still be rich and fulfilling. Our chapter likewise provides daily healthy snacks and canteen cards for the SCI inpatients. Our fundraising enables our members to basically attend at no cost, the Winter Sports Clinic, the annual National Veterans Wheelchair Games, or receive gift cards for meals and entertainment. Our members also readily appear before other groups and schools for presentations on their service as a member of the military, and present examples of their disabled life and accessibility issues. Within the last year, the Board of Directors has approved funding programs to assist members in making their vehicles and homes accessible after VA funding has been expended. In sum, I believe our board and membership embrace the concept that giving to others is our most important principle.

### *Accessibility Advocacy Gearing Up*

Read carefully the Government Relations Director's article in this newsletter and see the returnable questionnaire/complaint form inserted within this newsletter. We want to begin to aggressively address accessibility issues we all daily face. Respond and tell us the accessibility issues you've encountered. I am almost daily irritated when out and encounter doors to public places that do not have push plates that would enable me to enter a public building by myself. At the moment, that's not something the ADA or its implementing regulations requires, but certainly makes good business sense. Tell us your problems.

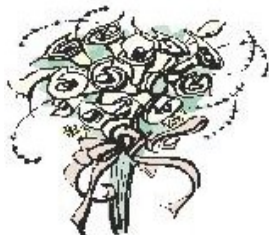
### *Member Surveys*

We received several member surveys back from our last newsletter and I've read them all. My thanks to everyone who responded. If you still have the survey laying on your desk, fill it out and return it. Tell us what you need or what we can do better. We are especially interested in giving more service to members who are not otherwise interested in sports participation.

### *The Recent Missouri and Illinois Storms*

Our Government Relations Director has tried to contact everyone living in the Joplin area concerning their recent tornado experience. We do not believe any of our members perished in the recent storms. Our Government Relations Director is aware of both federal and state assistance for damage, as well as guidelines for PVA Disaster Relief funding. Please call Jessica Dunsmore at our office if you're a Gateway member and in need of assistance because of recent storm damage. Money is available for rebuilding homes and replacing damaged personal property.

### *In memory of...*



Marshall Chiasson, Jr.	Linn Creek, MO	02/10/11
Bradley Holloway	Clinton, KY	05/14/08
Larry Johns	Independence, MO	03/08/11
David Mangold	Bloomington, IL	04/08/11
Stafford Pope	St. Louis, MO	05/25/11



*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.*



## Government Relations Director's Report

By Jessica Dunsmore



In true Midwest fashion, the heat and oppressing humidity of summer have kicked in early, only to be preceded by one of the most active storm seasons in recent memory. Again, if you sustained any damage from these recent storms, you may be eligible for PVA Disaster Relief funding (see the Disaster Relief program information on page 7). Also, the VA may be able to offer support to veterans with VA home loans who were affected by the weather. Please visit <http://www.benefits.va.gov/homeloans/> or call (877) 827-3702 for more information. Be smart, be safe and let us know if we can be of assistance.

### News and Notes

#### Tax Credits and Exemptions for Disabled Veterans

**Missouri-**The Property Tax Credit Claim ("Circuit Breaker") may be available to certain senior citizens and 100% disabled individuals. Also, beginning 1/1/10, 15% of military pension income became exempt from state taxes. This tax deduction will increase 15% annually until 1/1/16, when all military pension income will be tax free. Finally, Social Security and SSDI deductions may also be available. Call the Missouri Department of Revenue at (573) 751-3505, or call the Missouri Veterans Commission at (866) VET-INFO for more information on these and other tax credits/exemptions.

**Illinois-**The Disabled Veterans Standard Homestead Exemption (DVSHE) is an annual reduction in property equalized assessed value (EAV). Veterans with a 50%-69% service-connected disability may qualify for a \$2,500 homestead exemption, and a \$5,000 exemption may be available to those 70% and above. Call your County Assessor's Office for more info. The Disabled Veterans Homestead Exemption (DVHE) (a reduction of up to \$70,000), may be available to veterans with service-connected disabilities who have used federal funds to modify their homes. Eligibility is determined by the Illinois VA office. These two exemptions can't be combined.

**Other States-**Please call your state's Veterans Affairs office or commission for tax credit/exemption information.

**You will find a parking/accessibility complaint form** in this newsletter that can be filled out and sent back to our chapter if you encounter problems with accessibility, parking, etc. in and around your community. Upon receipt of your form, we will follow up with the appropriate parties and take action as needed. Contact us for more blank forms, or make copies of the enclosed form if you wish.

#### Additional VA services are now available to family caregivers of seriously injured post-9/11 veterans

Visit [http://www.caregiver.va.gov/support\\_benefits.asp](http://www.caregiver.va.gov/support_benefits.asp) to see if you qualify.

**Gateway PVA uses Facebook** to share pictures, news and upcoming events. It's an easy way to stay in touch. If you are a Facebook user, visit <http://www.facebook.com/GatewayPVA> and click on the "Like" button at the top. Spread the word to family, friends and work colleagues! Also, if you would like to receive event news via email, please email [jessicad@gatewaypva.org](mailto:jessicad@gatewaypva.org) and we'll add you to our list.

### Legislative News

#### H.R. 1407-Veterans Compensation Cost-of-Living Adjustment Act of 2011\*

This bill would require the VA Secretary to increase the rates of veterans' disability compensation, additional compensation for dependents, clothing allowance for certain disabled veterans and dependency and indemnity compensation for surviving spouses and children starting 12/1/2011. The increases would be the same percentage as the benefit increases under Title II of the Social Security Act. (SS COLA hasn't been determined.)

#### H.R. 1484-Veterans Appeals Improvement Act of 2011\*

This bill's purpose is to improve the VA appeals process. It would allow a claimant to submit new/supplemental evidence in support of a case for which a substantive appeal has been filed directly to the Board of Veterans Appeals, and not to the VA Regional Office (unless the claimant requests that the evidence first be reviewed by the regional office).

**\*Both bills passed the House and have been referred to the Senate Committee on Veterans' Affairs.**

**The Missouri and Illinois General Assemblies as well as the Kansas Legislature** all adjourned for the year. Of particular note in Missouri--**HB555 passed** (now called the Most Vulnerable Persons or "MVP" Act), which has stipulations regarding accessible parking in new/restriped lots among other provisions for the disability community. In addition to this bill, **Missouri's RX Plan was reauthorized**, which coordinates with Medicare Part D to provide prescription drug assistance to seniors and people with disabilities.

## Attaboy

By Ruth Kult

Well, hello. I'm back. As most people know I usually write an "Attaboy" about someone, but this time I decided to write about a specific subject: counting calories and weight management.

I'm not an authority on wheelchair users, but I've been using one for a few months short of 24 years. It might give me a little insight about the struggles of weight management from a chair, but I'm no expert. I've certainly had my ups and downs. Being in a wheelchair and keeping your size manageable tends to be somewhat of a struggle for all of us. For me, I'm really self-conscious about it. I'm not sure why because I usually roll myself around so I'm the only one who knows if I'm heavier, and I really don't have to rely on others for assistance. Even though being in the military is way in the past for a lot of us, a person had to be in fairly good shape during that time. Why does respect for yourself and how you may feel have to be a part of that past?

I realize losing weight is difficult for many people, ambulatory or disabled. There is a way to exercise though—exercise your mind with good judgment, and exercise good judgment on what you eat. Make the decision when enough is enough. This is so hard, I know, but you've got to start somewhere. Back away from the table. Just because there is food there doesn't mean you have to eat it all. Maybe eat one or two cookies instead of the whole package.

Here I am giving suggestions on how to not eat so much—I need to follow my own advice! One good thing in my favor is I exercise as much as I can, which seems to be all of the time. One bad thing is I take in almost as much (and sometimes more) than I take off, which results in too much weight. I can feel it since I push myself around most the time. Yes, a few pounds may not be a ridiculous amount to an ambulatory person or a person in a power chair, but I'm sure it matters to caregivers, and I know it matters to manual wheelchair users like me.

Taking care of yourself is what's most important, and I know it will make you feel better all around. It'll probably even make mobility in a wheelchair a little easier. Here are some helpful resources on weight management, healthy living and exercising in a wheelchair:

### Sports 'N Spokes Magazine

#### PN Magazine

<http://www.livestrong.com/article/352725-paralyzed-wheelchair-exercises>

<http://www.livestrong.com/article/401019-wheelchair-weight-loss>

And on a final note, Daniel Six, a Gateway PVA member from Joplin, wanted to include a special "Attaboy" to Bonnie Hilburn. Bonnie is a PVA Senior National Service Officer in Kansas City, and according to Dan, has been a tremendous help to him before and after the tornado. It has meant so much to him that she has taken the time to talk with him and listen. He said she really goes above and beyond her duties to help everyone she serves. So, "Attaboy" Bonnie!

Thanks for reading!



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## 16th Annual Jack Buck Golf Tournament

By Executive Director, Susan Lyle

Our 16th Annual Jack Buck Golf Tournament is just around the corner! Mark your calendars for Tuesday, September 13, 2011. The tournament will once again be held at the Landings at Spirit Golf Course in Chesterfield, MO. This is our biggest annual fundraiser for our members. We wouldn't have such successful golf events year in and year out without the folks from our volunteer golf committee who work tirelessly to put this together for us. Christine Buck has agreed to be our Master of Ceremonies again; our tournaments wouldn't be the same without her. We love hearing the wonderful stories about her father, Jack Buck.

Fredbird® has donated a half hour of his time to visit with the golfers prior to their shotgun start. He will be available for photos or autographs. All in all, it's coming together quite nicely, but we still need donated auction items. If you know of anyone who could help us in this area or if you need more info, please contact our office. Registration forms are available if you know of anyone who would like to enroll a team or maybe even an individual player who would like to join a team. Sponsorships are also available, as is space for advertising in our golf program. Please consider some form of support for this year's tournament so we may continue to do what we do best—fund programs for our members. Thank you!



**Christine Buck,  
our Master of Ceremonies**



**Fredbird® stopped by for  
a visit, as did the Rams  
Cheerleaders.**

**Our Auctioneer,  
Jerry Hollingsworth**



**Chad Buder with  
Fredbird®**



**A photo of Jack from one of  
our first tournaments.**



**As we age we realize that our lives are not defined by the number of  
years that we live, but by the quality of our  
relationships with those whom we call our friends.**

**Thank you, Lanna, for being my friend.  
Bobby**



## Disaster Relief

By SBA, Fred Bradley



The Paralyzed Veterans of America has a Disaster Relief program for **members only**. The disaster can be due to any natural causes such as floods, tornadoes, etc. The criteria are as follows:

1. Funds will only be provided to PVA members.
2. A maximum of \$1,500 per individual or family will be granted. However, additional funding may be provided in extreme circumstances, upon review on a case-by-case basis. Each application must be evaluated for need. Maximum disbursements will not be made in all cases.
3. Funds may be used for transportation, temporary shelter, food, modifications for accessibility, prosthetic appliances, and medical supplies. The funds will not be provided if other assistance has been provided to pay for the items in the request (insurance, FEMA, etc.). Funds will also not be approved to cleanup, fix, or replace damages not related to the veteran's primary dwelling.
4. Applications can be received by the PVA Chapter or the National Service Office.

Please contact the Gateway Chapter of the Paralyzed Veterans of America at (314) 427-0393 or 1-800-426-4058. Or you can contact me at (314) 894-6467 or 1-866-328-2670.

### Gateway Chapter PVA Wishes to Welcome Our New Members

**Charles Agne** ..... Weldon Spring, MO  
**Derrick Farley** ..... Ashley, IL  
**Sidney Ritchey** ..... Belleville, IL

**Craig Johnson** ..... St. Jacob, IL

**William Coleman** ..... St. Louis, MO  
**William Porter** ..... Princeton, MO  
**Charles Smiley** ..... Louisville, KY

Welcome to the following transfer:  
**George "Gordon" Yoder, Jr.** .... St. Louis, MO

# 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, write to us, or e-mail us if you know where  
 any of these members are! Our contact info is inside the  
 front cover.*

William Grier  
 Paula Lemon  
 Keith Roberts

Cecil Rodgers  
 James Sullivan-McGuire  
 Rick Taylor



### Wheelchair Accessible Home For Sale 2117 Morning Mist, Florissant MO

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3 bedroom, 2 bath ranch with a 2 car oversized garage.  
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 appointment or for more details.





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## Proceeds to Benefit the Jefferson Barracks Sports Program

By Executive Director, Susan Lyle

Mark your calendars for the next Annual Veterans Appreciation Day sponsored by the High Ridge Elks Lodge. The event will be Saturday, September 17, from Noon until 6:00 p.m. If you have any questions, donations, or would like more information about this event, Ken DeClue (Event Chairman) may be reached by phone at: 636-671-0398 (home) or 314-723-0117 (cell). If it's available, Ken is hoping to once again have an Apache Attack Helicopter at September's outing. Below is a photo of Ken with the Cardinals' mascot, Fredbird®, standing in front of an Apache Helicopter from the last event! We encourage everyone to attend this fun-filled day which the Elks coordinate for our Veterans each year. The proceeds will benefit the JB Sports Team. For our members, attendance to this event is



worth 10 participation points! More details will be included in the next newsletter by Ken DeClue.



On a side note, Ken has been under the weather for a while and wants everyone to know that if you have sent him an email recently and he has not yet responded, he apologizes. Please call (either number shown above) to let him know when you are emailing something. He has been unable to spend much time at his computer, but will gladly hop online if he knows something important is waiting for him. We wish Ken a speedy recovery!



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## Participation Points Program

The following information was taken from our website ([www.gatewaypva.org](http://www.gatewaypva.org)) under the “Sports” section.

As you may know, two of our Chapter’s most popular activities are the Winter Sports Clinic held in Snowmass, Colorado, and the National Veterans Wheelchair Games held every year in a different location.

The chapter can help provide our members with funding to attend these events. Members and/or Associate members may use Participation Points for the Winter Sports Clinic or the NVWG. Also, for those members who don't have an interest in athletics/sports, earned points can be used for other forms of entertainment (such as movies, gift cards, concert tickets, etc. *This option is not available to Associate members*). Gift cards can be awarded at \$1 for every point earned, up to \$150 maximum annually and only awarded in a non-cash distribution such as gift cards or event tickets. Participation Points may be redeemed twice a year for Entertainment or Sporting events, but not both.

If multiple events are attended during a sports year, the qualifying points are subtracted from the members total (e.g. a member has 150 points and the NVWG uses 120 points for full funding, then remaining points = 30). A sports year begins the day after the BOD (Board of Directors) meeting that occurs at least 30 days prior to the start of the NVWG and ends the day of that BOD meeting. All points to be used for entertainment must be redeemed within 30 days of the ending of the NVWG that sports year. This year (2011) the NVWG ends on August 6, so all points to be used for entertainment should be redeemed by September 6. If you are participating in the NVWG, all receipts and reimbursement forms must be received in our office within 30 days after the event, as well.


Participation Points are awarded for different categories. To obtain Participation Points credit, a member has to be present for 1/2 hour at luncheons and one hour at all other events. It is the member's responsibility to sign the roster at each event or otherwise make their presence known to a Gateway official. Please contact [ddurwachter@gatewaypva.org](mailto:ddurwachter@gatewaypva.org) to find out how many points you currently have earned.

- Attend a chapter function (Jefferson Barracks monthly luncheon, Lone Elk Park Picnic, etc.). **5 points**
- Attend a community function as a chapter representative (PVA Awareness Month events, Veterans Day Parade, etc.). **10 points**
- Attend a Quarterly Membership Meeting as a non-board voting member or Associate member. **15 points**
- Attend a monthly Board of Directors’ Meeting as a non-board member. **15 points**
- Chair an active committee of the Gateway Chapter PVA. **25 points**
- Serve on an active committee of the Gateway Chapter PVA (as determined by the committee chair). **15 points**
- Write an original article that is printed in our bi-monthly newsletter (one per year for the President and Vice President). The article must fill up a half-page or more in normal print. **15 points**
- Sign up a new voting Gateway PVA member (PVA employees are ineligible for this category). **25 points**
- Volunteer in the chapter office by folding/mailing newsletters, making copies, or other in-office tasks as determined by the Executive Director. This includes Gateway PVA telephone surveys. **5 points per hour**
- Attend an official Gateway Chapter PVA fundraiser (Jack Buck Golf Tournament, Kuk Sool Won event, CFC events, etc.). **20 points**
- Direct or individual fundraising efforts. **5 points for every \$50 raised**
- Documented volunteer Peer Counseling as part of an approved PVA program. **5 points per hour**
- Attend a memorial or funeral of a Gateway Chapter PVA member. Call the office for further info. **15 points**
- Visit a John Cochran spinal cord patient and report to our Hospital Committee Chairman. **5 points**

The “Guidelines” for sporting event reimbursement may be found on our website under “Other” and “Forms.” Under that same website tab, a member can find the travel reimbursement forms for the games.

**If you have any questions about how the Participation Points Program works, please call the Gateway Chapter Office at (314) 427-0393 or 1-800-426-4058.**

# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 	5 Happy 4th of July! Office Closed July 4-5	6	7	8	9
10	11	12 BOD Meeting 11:30 am 15 pts. non-BOD Mbr.	13	14 Gateway Accessible Housing Meeting at 2 pm 10 points	15 Trap Shoot at Olin-East Alton, IL 10 am - 2:30 pm	16 All Patriots Party & Poker Run 1 pm Arnold, MO VFW 20 points
17	18	19	20	21 Member/Patient Luncheon at JB Noon 5 points	22	23
24/31	25	26	27	28	29 BOD Nominations Due!	30 Summer Splash Creve Coeur Lake July 29-30

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3	4	5	6
	31st National Veterans Wheelchair Games in Pittsburgh, PA August 1-6					
7	8 Newsletter Articles Due 15 points (see pg. 10)	9 BOD Meeting 4 pm 15 pts. non-BOD Mbr.	10	11	12 KC Forum Noon (See pg. 2) 5 points	13
14	15	16	17 8/18 Member/Patient Luncheon at JB @ Noon 5 pts 8/18 1st Annual Memorial at JB Cemetery @ 1 pm 15 points	18	19 Trap Shoot at Olin-East Alton, IL 10 am - 2:30 pm	20
21	22	23	24	25	26	27
28	29	30	31			



**BOD Nominations are due by July 29, 2011!**



Address Service Requested

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



## 2011 Gateway PVA Trap Shoots

July 15, 2011

August 19, 2011

September 16, 2011

Olin-Winchester Trap and Skeet Facility  
600 Powder Mill Rd.  
East Alton, IL, 62024

10 a.m. until 2:30 p.m.



Member, James Williams



Associate Member, Tim Fornachon

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