

GATEWAY GAZETTE

The Official Publication of the Gateway Chapter Paralyzed Veterans of America



Members of Gateway PVA bowling at Jefferson Barracks bowling alley during the 1st Annual Bowling Tournament held January 19th 2006. GPVA would like to thank all the Volunteers and organizers that made these two events possible!



Tyrone Thorpeit the winner of the 2006 Chili Cook-Off being presented the 1st place trophy by Amy Will. The Chili Cook-Off was also held January 19th at Jefferson Barracks.

We're Moving!
See Presidents Report
for more information

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REVISED CLINIC HOURS

SCI CLINIC:

Monday	Noon to 1:00 pm - Follow up visits (3/6 months)
Tuesday	1:00 p.m. to 3:00 p.m. - urological concerns
Wednesday	1:00 p.m. to 3:00 p.m. - wound, spasticity and urological concerns
Thursday	8:00 a.m. to Noon - general clinic to include annual evaluations
Friday	11:00 p.m. to 12N - MS concerns

Monday thru Friday 8:30 a.m. to 3:00 p.m. Sexual Health Clinic:

Monday thru Friday 8:30 a.m. to 4:00 p.m. Smoking Cessation Clinic

(Please call ahead for appointment times)

UPCOMING EVENTS:

Membership Luncheon and Meeting
March 16th at JB. Lunch at 12:00
Meeting at 1:00 Come out, meet
new people and find out how to get
involved with your PVA Chapter.

Meat Shoot at DeSoto VFW Post
1831 on March 11 at noon.

Meat Shoot at High Ridge Elks
Lodge on Sunday March 19 at noon.

Trivia night at CMW Hall in Bell-
ville April 29 See inside for details.

Gateway Chapter Paralyzed Veterans of America

GPVA Officers

President	Stanley Brown
Vice President	Matthew Wilcox
Treasurer	Dennis Durrwachter
Secretary	Donald McCoy
National Director	Gerald Brown

Board of Directors

Joe Avellone	Gerald Brown	Denis Canoy
Rose Ganz	Robert Huskey	Bobby Jackson
Ruth Kult	Robert Larkin	Bill Vickers
James Williams		

St. Louis Service Office

400 South 18th Street, Room 109

(314) 552-9887 (800) 795-3614

FAX (314) 421-3709

Fred Bradley	Senior Benefits Advocate
Rodney Harris	National Service Officer (NSO)
Tony Timmons	NSO Candidate
Cathy Steele	Secretary

Kansas City Service Office

(800) 795-3612

(816) 861-4700 extension 6032/33

Bonnie Hilburn Senior National Service Officer

GPVA Staff

Susan Gokenbach	Executive Director
Dennis Durrwachter	Editor

Telemarketing Department

Steve Muench	Night Manager
Lisa Andrus	Day Room Supervisor

Delivery Driver

Ken Zuellig

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

Gateway PVA

9040 Lackland road

St. Louis, MO. 63114

(314) 427-0393 (800) 426-4058

FAX (314) 427-4183

Attention: Operation Enduring Freedom and Operation Iraqi Freedom Members

VA's new Service members' Group Life Insurance Traumatic Injury Protection (TSGLI) program adds to the financial security of America's fighting force. Prudential Financial Inc., the program's insurer, is making payments under this new program, ranging from \$25,000 to \$100,000, to service members who have suffered certain traumatic injuries while on active duty. The insurance program started December 1, 2005, and is designed to provide financial help to military families through extended periods of medical care and healing. Benefits are payable retroactively to October 7, 2001 for service members and veterans who suffered certain traumatic injuries while serving in Operation Enduring Freedom or Operation Iraqi Freedom. VA and the Department of Defense are working to identify eligible service members and veterans. Eligibility information is available at www.insurance.va.gov or by calling the Service members' Group Life Insurance office at 1-800-419-1473.

Bob Sontag, MSW
Licensed Clinical Social Worker
VA Medical Center
128-JB
#1 Jefferson Barracks Drive
St. Louis, Mo. 63125
314-652-4100, x64819

Attention all Handcyclists:

Were looking for handcycle riders to go on group rides in the greater St. Louis area. We know there are a lot of you guys that have handcycles sitting around in your basement or garage and we are encouraging you to get them out and use them. We are going to get started this spring. This would be a great way to prepare yourself for the Summer Games in Alaska. For more information please contact Jim Spencer at spencer1@fidnet.com or Dennis Durrwachter at ddurrwachter@gatewaypva.org.

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: ddurrwachter@gatewaypva.org or in the US mail at address shown to the left and mark with attention to the editor.

President's Report

By Stan Brown



Finally I have some good financial news. Both December and January we had positive cash flows, experiencing a net profit both months. We have deposited additional monies into our savings account and specific account for recreation/sports. It's early but by all indication we're again headed in the right direction. Other big fiscal news is that as of February 14, 2006 we have a signed contract for the sale of our 8000 ft.² building at 9040 Lackland Boulevard in Overland. The Board of Directors approved the sale and we are scheduled to close the second week in May with a move no later than July 1, 2006. We are now looking to lease 2000 ft.² of office space or lease/purchase a house or building in a commercially zoned area. Maintaining our large existing property was costly and inefficient in that more than half our square footage was not being used. Efforts to overcome our "no sublease" occupancy permit were unsuccessful. In the final analysis the Board, with one exception, felt it prudent to save costs by moving into something smaller. I personally supported this decision and would be glad to answer anyone's questions on this decision. We are currently looking for new places and would welcome any suggestions.

Our fiscal year 2005 (September 2004-October 2005) has just been audited and our taxes filed. As expected our year ended with a \$85,084 net decrease in assets. We again spent more than we made. As stated in the first paragraph I am convinced we've turned this deficit spending around. There is also a silver lining to our audit. As shown in the Annual Report, 66% of our expenditures went to programs! We are updating our information on the St. Louis Better Business Bureau web site to reflect our accomplishments and hopefully remain attractive to potential donors. Compare our numbers to other charities and one in particular that's become a "rival" in telemarketing whose program expenditures are only 27.5% of total expenditures as currently reported.

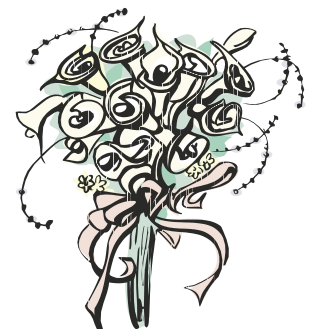
The Board, our Executive Director, and I remain focused on improving the lives of our members. Expanded clinic hours, as reported elsewhere in this newsletter, are the direct result of our National organization involvement with us. We've just approved supplemental funding for point-qualified members to attend the winter sports clinic and are working on fundraisers for the Alaska games. Our next membership luncheon and meeting are scheduled for Thursday, March 16. Please come and get active!

When I started writing this article I was not so subtly reminded of the daily challenges we as paralyzed veterans face. The ramp on my van had just broken and one of my attendants had quit that morning by not showing up without calling. Thankfully a substitute came but had to leave early to pick up her children. I thought I was set up at my computer with all the materials I needed but discovered after she left that the pages of one document had been stapled together. I struggled to lift the pages to my mouth and try to bite away the staple only to drop everything on the floor. The day before I had visited some patients at Jefferson Barracks who had been there for months. That day the cable-television was not working. As Bart Simpson would say, "Aye, Carumba!" I know these irritations are minor in comparison to other problems you face. Each one of you deserve a medal for every day you struggle on this difficult and often frustrating journey.



In memory of....

Davis, Frank L	St. Louis, MO	11/30/2005
Correll, William, H	Robinson, IL	12/01/2005
Moore, Earnest L	Middlebrook, MO	12/24/2005
Jakowski, Leslie J	Bella Vista, AR	12/31/2005
Pugh, Joe	Lexington, MO	12/31/2005
Eyre, Carey	O'fallon, IL	01/27/2006
Price, Earl D	MO Veterans Home	01/31/2006



Attaboy!

By Ruth Kult

HI FOLKS!

Once again I'm on my own thinking of something for people to read. I know there are so many people that could and should provide something for this newsletter. It belongs to you so come on, think about someone, write an article and send it in. It shouldn't only be me most of the time, but I'll let everyone slide this time around.

I see this person at least twice a week and can say first hand this volunteer is one of the most awesome individuals I have ever met. This person not only deserves this recognition, but kudos to him for being one of the most giving of his time and abilities to help any and everyone. **VICTOR GANTZ** stand up and take a bow. He is the tall guy that is always lending a helping hand or a push of a wheelchair. Victor is the husband of one of Gateway's Board of Directors newest members, Rose Gantz. He's one of those kind of people, which are few and far between, that will help anyone with whatever they need, (within reason) in a heartbeat. He swims much like a fish, so obviously he is a Lifeguard and lends his swimming skills to Amy on Mondays and Fridays. It will probably be on Wednesdays again when it starts to get a little warmer out. Victor also participates in many fundraisers and social events for Gateway PVA and Jefferson Barracks. He attends both the Winter Sports Clinic and the Summer Wheelchair Games at his own expense. He is one-of-a-kind. We are lucky he's here to help us. This in no-way gives this man the praise that he deserves, but at least he knows we appreciate his assistance.

Thank you for reading.



Getting Active and Physically Fit

By Jim Spencer



Wheel Chair Sports are a great way to get out of the house and do something that can improve every-day life for you. How many times have you not been able to push your chair up a particular ramp or hill? Or maybe transfer yourself into a car or out of bed. What if you found yourself on the ground out of your chair with no one else around. How many diabetics are there that have trouble controlling their Blood Sugar levels. All these things can be made easier by becoming more active and physically fit. I compete in Wheelchair Racing and Handcycle Racing while working a full time job to keep myself fit and active. My coach Steve Bunn said being confined to a wheelchair is like having to compete in a sporting event every day. You need to be strong and fit just to do the normal things in life.

You can participate in all sorts of activities to help improve your physical condition. Pick one or two out and go give them a try. You will have a lot of fun and you might loose a few of those extra pounds and get a little stronger. And don't let your age stop you! Handcycling is my favorite way to get some recreation. There are a lot of paved bike trails in the area and they are building more all the time. There are many organizations that can provide you with the information you will need to get involved in anything from Group Rides to Competitive Races. See these web sites: <http://www.trailnet.org/> and <http://www.stlbiking.com/> and <http://www.ushf.org/>.

Wheelchair racing: A great way to get yourself into shape. There are races of all kinds to go to. Wheelchair Track and field are my favorite. There are also lots of Road Races to go to from a 5K to marathons. See these sites for more information: <http://www.wsusa.org/> and <http://www.stlouistrackclub.com/>.

Wheelchair Basketball: If you are into basket ball this is one for you. There is a Team in St. Louis and they would like to have more players. They even like for people to show up at their practices just to hang out and play some. If you are a Para you would love this. For more info Contact <http://www.slwaa.org/default.htm#>.

Quad Rugby: This is a contact sport that will wake you up. Originally named Murder Ball and the name fits. St. Louis has a team and they are growing every year. Go on out and give it a try. See <http://www.slwaa.org/default.htm#> or <http://www.quadrugby.com/>

There are many other Sports to have fun with also. Water Skiing and Snow Skiing. Softball, Tennis, Swimming, and Scuba Diving and the list goes on and on. There are programs in St. Louis for anything you can think of and I will write about each one of them in the near future.

Jim Spencer

Sports Director's Report

By Joey Avellone

Hello sports fans,
I wanted to let those of you who were not there, know that the Chili Cook-Off / Bowling Tournament was a success. We had chili home cooked from 20 different people and 11 bowlers came down to the alley to compete. All the chili was good. Tyrone Thorpeit, a VA staff member won top honors. Jan DeClue took second place and Pat Vertress took third place. For you vets there's always next year to thrill everyone with your chili. All the bowlers who came to compete really brought their best. However, only six participants rolled away with a medal. The bowlers who medaled are as follows: in the ramp class; Brian Castillo took gold, Stan Brown took silver, and Hank Macey took the bronze, in the hand class; Roy Gant took gold, James Williams took silver, and Dennis Durrwachter took the bronze. Everyone had a good time, the bowlers gave it their all and the volunteers enjoyed working with the wheelchair bound vets. Notice that 3 of the medalist are board members of our PVA chapter. Almost every board member was in attendance that day, even those with jobs and that was not a mandatory BOD function. What do we need to do to see more of you? Send me your suggestions via e-mail my address is jfavellone@sbcglobal.net or call me at (618)-257-1927. The NVWG in Alaska are coming up and most of you have no points. Which means that you won't be getting any funding from the PVA. You need to participate or contribute someway to the chapter to earn points. I'm going to include a list of how you can earn points. For those of you who think it is impossible to earn any points well, some members already have more than 150 points. We wipe the slate clean and start calculating the points for the new fiscal year after the NVWG each year. So, we've been calculating points since this past August for this year. Point categories are printed next to this issue's calendar.

Thanks,
Joey Avellone USMC



Here is a picture of the Gateway sponsored Wednesday night mixed bowling league in Bethany Missouri. From left to right (John Reed, Renate Reed, David Williams, Nell, and Don Fitch)

Weeks 1 through 5 were slow only winning 3 games but now week 7 of league play has gone by. We started out a little on the rocky side, not winning any games. But all that changed in week 6. Renate Reed was hot, John Reed was so-so, Don Fitch was cool and David Williams, well at times you were wondering if the ball was going to stay in his lane. And then the wondering was over as he got his thumb stuck in the ball and threw a gutter-ball on the far side of lane 5 while bowling from lane 6. Anyway we did manage to eek out a split for the four games. In week 7. We were hitting on all 4 cylinders, seemed we could do no wrong. Renate got hot again, David Williams got out of the slump and had the best game yet. I finally got out of the cooler and was back up to my average. We took all 4 games in week 7 against the top team. As of this time half way through the season GPVA is STILL in 3rd place for high game with handicap. So far we have had our picks and dips, recently Renate Reed got hot and bowled a 155 game and a 350 series. I on the other hand (John Reed) did finally get things together and had a 357 series with high game of 133. Don Fitch is hanging in there with a 256 series and a 110 high game.

John Reed and Don Fitch

MIA

Have you seen or know the where these members are? They are in danger of being dropped from the PVA Roster. Please call us, write to us or Email us if you know where any of these members are! Contact info is on page 2.

Black, Woodrow F
Byas, Marvin H
Hanley, Michael G
Kiherman, James V
Parker, Soloman I
Shaw, Charles
White, Eric D

Boyd, Thomas A
Cox, Steve D
Jefferson, David G
Kocina, Chad B
Rasmus, Thomas G
Tittes, Tim
Woods, John

Brown, Raymond E
Curran, Kathryn M
Johnson, Richard D
Modafari, James P
Reynolds, Jerold L
Washpun, Odell

Bunch, Jack
Dawson, Ted
Kerr, Bobby L
Ohen, RobertL
Rice, Otis
Watson, Ferne R



More pictures from the January 19th Chili Cook-Off/Bowling Tournament. We'd like to thank all those who participated and those who volunteered their time and help to make the events possible! A special thanks to Ken DeClue and the High Ridge Elks for the presentation of the proceeds from the Elks last Meat shoot in January (shown in the lower left hand photo)

Attention trivia nuts:

I'm hosting a Trivia Night on Saturday, April 29th at the CWV Hall in Belleville, IL. The doors will open at 6:00pm and trivia will start at 7:00. There will be a cash bar and the highly acclaimed restaurant is open until 8:00 (I recommend trying their walleye). This is a bar, so please don't bring any alcohol of your own. For directions you can map quest their address, which is:

Catholic War Veterans Post 370
3535 State Rt. 159
Freeburg, IL 62243 Phone # (618)-234-3074

One table will consist of 8 seats, advance tickets will cost \$10 a person, kids may also play. If you show up at the door with no ticket or reservation the cost will be \$15. The night will include a silent auction and 50/50 drawings so bring a fat wallet. Andy Banker from Fox 2 News will be the guest MC for the evening. For more information or ticket sales call me at (618)-257-1927 or (618)-558-2379 or e-mail me at jfavellone@sbcglobal.net. Amy Will may also have tickets. All proceeds from this night will go directly to the PVA Sports Fund. This will also be an easy way to earn points for yourself, Alaska is going to be expensive. By attending the function you'll earn 10pts and you'll get more points for bringing guests, at \$10 a person, 5 guests are worth 5pts... So tell everyone and bring as many people as you can! Semper Fi,

America is #1



Thanks to our Veterans!!

WHEELCHAIR VETERANS MEAT SHOOT

Proceeds will benefit the

**JEFFERSON BARRACKS WHEELCHAIR
VETERANS SPORTS TEAM**

Sunday

MARCH 19, 2006

at

**The High Ridge Elks Lodge
Noon till???**

High Ridge Blvd. & Hunning Rd.

High Ridge, Missouri

Approx. 10 miles West of 270

Off Hwy. 30

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636 671 0328





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Columbia, MO 888-939-1010	• Springfield, IL 888-706-1010
Springfield, MO 866-584-1010	• Champaign, IL 877-585-1010



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HAPPY BIRTHDAY TO OUR MEMBERS BORN IN MARCH AND APRIL (AND THOSE WE MISSED IN JANUARY)!

Steven C. Hope	January 21
Ed L. Reed	January 22
James D. Thompson	January 22
Murray B. Blume	January 23
Walter J. Stone	January 23
John T. Woods	January 23
Richard C. Ingle	January 24
Roamin Anderson	January 25
Robert R. Schneider	January 25
Gene A. Crayton	January 26
Richard L. Dulinsky	January 26
Jonathan D. Lewis	January 27
Johnny R. Marshall	January 27
Timothy P. Azinger	January 28
Robert Schmidt	January 28
Richard L. Sengpiehl	January 28
Ted Dawson	January 30
David K. Herring	January 30
Leo G. Hildebrand	January 30
Robert E. Collins	January 31
Barry C. Schrieffer	January 31



John W. Thompson	March 03
Anthony E. Hollins	March 06
James E. Spencer	March 06
Daniel T. Perez	March 07
Robert J. Krogman	March 08
Robert D. Milleville	March 08
Patrick L. Cambron	March 10
Timothy J. Holmes	March 10
Gabriel J. Russell	March 10
Peter L. Coffelt	March 11
Floyd L. Porter	March 11
Steve Beakley	March 12
Steven G. Gore	March 12
Richard Jones	March 12
Denzil W. Ridenour	March 12
Robert A. Rosenthal	March 12
Leandro Garcia	March 13
Paul T. Schmitz	March 14
Gary L. Walden	March 15
Robert F. Ditmeyer	March 17
Clay A. Doss	March 18
Leon E. Rigby	March 18
Warren D. Potts	March 19
John D. Frame	March 20
Rayetta P. Reed	March 20
Theodore L. Sinkner	March 20
Jamey L. Bollinger	March 22
William Fuqua	March 23



Joe Reese	March 23
Carl J. Cox	March 24
Dennis L. Durrwachter	March 24
Edward W. Phillips	March 24
Will J. Watson	March 24
Raymond A. Boyer	March 26
Donald R. Walker	March 26
Thomas L. Kraft	March 27

Harry V. Brown	March 29
Douglas P. Cook	March 29
Ricky D. Bogart	March 30
William J. Criswell	March 30
Gerald L. Scarbrough	March 30
Glennon J. Braun	March 31
Victoria K. Freeland	March 31
Dale Hutson	March 31
Walter E. Musgrave	March 31
Jan R. Schrader	March 31
Kenneth F. Voegel	March 31

Joseph D. Reichmuth	April 01
Jon W. Clifton	April 02
Stephen V. Moyes	April 02
Llyod J. Fosdick	April 03
Michael B. Gano	April 03
Matthew T. Wilcox	April 03
David A. Johnson	April 05
Joseph V. Martinez	April 05
Danny R. Saunders	April 05
Terrance W. Weber	April 07
Larry W. Vandiver	April 08
David T. Salzman	April 09
Cecil D. Walker	April 09
Ralph E. Houston	April 10
John H. Beasley	April 12
Robert W. Hess	April 12
April S. Kuhl	April 12
Joel Pettus	April 12
Gary E. Gardner	April 14
John W. Hill	April 15
Louis F. Sutton	April 15
Joel T. White	April 15
James S. Grant	April 17
Jimmy C. Price	April 17
Terry Nelson	April 18
Ronald A. Norwood	April 18
William B. Harward	April 19
Gary Z. Montgomery	April 19
Brian B. Rollin	April 19
Marc A. Risse	April 20
Norbert Sellmeyer	April 20
James W. Gebhart	April 21
Eric Statler	April 21
Raymond H. Douglas	April 22
Joseph F. Avellone	April 23
Lloyd L. Dailey	April 23
Billy Pankey	April 23
Paul S. Reser	April 24
Joseph H. Strickland	April 27

Point Categories

- 1 Attend a chapter function (JB monthly lunch, other activities such as Lone Elk Park outing, etc. 10 pts
- 2 Attend a community function as a chapter representative 10 pts
- 3 Attend a quarterly membership meeting as a non-board voting member or affiliate Member 15 pts
- 4 Attend monthly BOD meeting as a non-board member. 10 pts
- 5 Chair an active committee of the GPVA 25 pts
- 6 Actively serve on an active committee of the Gateway Chapter PVA. (As determined by committee Chair) 15 pts
- 7 Published original submission to the bi-monthly newsletter (1 per year for Pres and VP) 15 pts
- 8 Sign up a new voting Gateway PVA member 25 pts
- 9 Volunteer in the chapter office by calling members working on the newsletter or other in-office tasks 15 pts
- 10 Attend a Gateway PVA Sports Fundraiser 10 pts
- 11 Direct fundraising efforts (sales): receive points for every \$50 raised 5 pts
- 12 Authenticated Peer Counseling 5 pts/hour

<i>March 2006</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	4
5	6	7	8	9	10	11 DeSoto VFW Post 1831 Meat Shoot 12:00
12	13	14 BOD Meeting Overland 11:30	15	16 Membership lunch 12:00 JB Meeting 1:00	17 St. Patricks Day	18
19 Elks Meat Shoot 12:00	20 First day of spring	21	22	23	24	25
26	27	28	29	30	31	

<i>April 2006</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						1
2 DST—Set clocks ahead one hour	3 Winter Sports Clinic begins	4	5	6	7 News- Letter Articles due	8
9 Winter Sports Clinic ends	10 PVA Aware- ness week	11 BOD Meeting Overland 11:30	12	13	14 Good Friday	15
16 Easter	17	18	19	20	21	22
23	24	25	26	27	28	29 Trivia at CMW Hall Bellville 7:00 pm
30						



Address Service Requested

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