

GATEWAY GAZETTE

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

Skiing Under the Stars!

By Becky Ballard

Can you imagine skiing in Missouri? Can you visualize being a quadriplegic, paraplegic or never seeing snow as a child and then skiing as a disabled adult? Well, if you can't, keep reading and you'll discover the adventure that five of your fellow PVA members experienced on the slopes of Hidden Valley in Eureka, Missouri.

Ruth Kult (shown right), has never been one to back down from a challenge. Skiing in a bucket ski really didn't float her boat, however, when given the opportunity to try snowboarding she stood up and took notice! She has been mastering the beginning slope without a face plant and will be working next year on more independence and gnarly, wicked moves. Ruth states

that snowboarding has given her the opportunity "to become more physically involved in the sport."



Growing up in Puerto Rico, Julio Rivera (shown left), didn't even know what snow felt or looked like. Now, in his 60's he can be seen conquering the snow bike as he glides down the hills of Missouri. He didn't get off to a great start, but he didn't give up and this past week he made his first fall-free run. Floyd Porter has also tried his hand with the snow bike and after the 2nd week looked like he was born to ski!

Starting off with a bi-ski was too easy for Jeremiah DeGuire (shown bottom right). He quickly advanced to a mono-ski and is learning turns and control

before he attends the 2009 Winter Sports Clinic in Snow Mass, Colorado. He states that he is "having a great time." Aubrey Youngs also met up with fellow ski bums and spent a night honing her skills before she heads off to Snowmass with the St. Louis team.

The Gateway Disabled Ski program met on Monday Nights during the months of January and February. Hidden Valley has been pleased to host the Gateway Disabled Ski Program for many seasons. Physically and mentally handicapped athletes have learned to enjoy the sport of skiing with the help of very dedicated coaches and a well-organized program. For more information, please contact www.gdsp.org.



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

Gateway Chapter Paralyzed Veterans of America

<http://www.gatewaypva.org>

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I Need to Hear from You!

By James Holland, PhD

As the Gateway Chapter PVA Hospital Liaison, it is my responsibility to advocate for excellent health-care for our members. Therefore, I would like to hear from any member who finds himself or herself admitted into one of our local area hospitals. I would like to call you or personally visit with you to check in on your condition and the status of the care you are or are not receiving. If you are unable to call us yourself, then please have a family member contact our office at 314-427-0393 and tell us where to find you.

Disabled Kansas Vets May Hunt and Fish for FREE

Eligible veterans may apply for a **FREE** hunting and fishing license in **Kansas**. If you are a Veteran who was separated from the armed services under honorable conditions, are a legal Kansas resident, and have a disability certified by the Kansas Commission on Veterans Affairs with a disability rating of 30 percent or more, you may apply for a free hunting and fishing license. To submit your application, just visit the Kansas Department of Wildlife and Parks' website at:

<http://www.kdwp.state.ks.us/news/Hunting/Applications-and-Fees>

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

Gateway Chapter PVA

9738 Lackland Road

St. Louis, MO 63114

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

Fax (314) 427-4183

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

President's Report

By Stan Brown



These are indeed difficult economic times; one need only read headlines in the newspaper or listen to the nightly news. I would bet most of us have a relative or close friend who has either lost their job or had problems making their mortgage payments. A friend I've had for 40 years called me last night from another town in another state. He is 62 years old and had worked with the same company 30 years; he was laid off from a management position a month ago with no hopes of being rehired. If you read my *National Director's Report* in this newsletter, you will see the economic problems of our National PVA organization. I'm very pleased to say our local Gateway Chapter, although receiving a reduced contribution amount from the national organization, will not have to make any reduction in our service to members. Our monthly luncheons and funding of members to participate in recreation and sporting events, will not be affected.

Calling All Hunters

Several PVA Chapters sponsor hunts in the spring or fall for deer or turkey. Gateway has been looking into sponsoring such a hunt if there is sufficient interest. We are looking at hunting sites near Springfield, Missouri (a state conservation area), Camp Hope near Farmington, Missouri, and a state conservation area at Rend Lake, Illinois close to St. Louis. If Gateway PVA paid for nearby lodging the first year and set up the hunt, would anyone be interested? Whatever site we choose would have guides to help get hunters to hunting spots or blinds. I'm not sure about furnishing weapons (I guess you hunters call them guns, but I can always remember getting yelled at in boot camp for using the word "guns") or ammunition. There are a lot of details we will have to work out. But first, and it's a big FIRST, I want to make sure we have enough interest among our members. So if you have any interest, please call our 800-number (800-426-4058) or local number (314-427-0393) and give us your name, preferred location to hunt, and leave your phone number. If we don't get any response, we won't pursue this idea.

Membership Participation

Our Board of Directors in January approved funding levels for individuals wanting to go to the Winter Sports Clinic. Individuals who have been active with PVA events will receive \$1200. The summer wheelchair games in Spokane, Washington will soon be upon us and will no doubt be costly. Gateway PVA, like most PVA chapters, has a participation point system which has been in effect now for three years. Bobby Jackson and Mike Norris have written about this funding and how to earn it, several times in our newsletter. I am still amazed when someone says they don't know how to get funding. In addition to funding for sporting events, the Board recently approved using participation points for various "night out" events to encourage participation. We have also approved earning points by calling our membership with some survey questions. To date, only board members have volunteered to do that calling. In sum, I'm saying the Board has really made an effort to make earning these participation points for funding, as easy as possible. Another thing I heard in boot camp was there are only two possible responses: Yes Sir and No Excuses Sir.

-ATTENTION VETERANS-

If you have a Spinal Cord Injury (SCI) and are interested in employment, you may be eligible to participate in the final stages of a new research project. The St. Louis VA SCI Service is finishing a new research study to find out the best way to help veterans with SCI become part of the work force. The project is called SCI-VIP for short. We are proud to say that PVA supports this work. If you would like to learn more about this research project, please contact the SCI-VIP study staff at 314-894-6677 or 800-228-5459 x6-6677.

Angela Cass-Prost, PsyD
Christine Mayden, RN

Florian P. Thomas, MD, PhD
Melissa Zuccarello, RN

Spinal Cord Injury Service—St. Louis VA Medical Center

Attaboy

By Ruth Kult



HELLO EVERYONE!

Since no one has bothered to send in an “Attaboy” article, once again I’m on my own.

I was sitting here contemplating on who I could give the next ATTABOY. It made me think. Who has really done more for this chapter than anyone else? It suddenly hit me. Well, you can’t really acknowledge one without mentioning his trusty sidekick. This would be our very own Dynamic Duo. No, not Batman and Robin, but our President Stan Brown and our Executive Director Susan Lyle. These two are quite the combination of brain with more brain. What one doesn’t think of, the other does. Since Susan is editor of the newsletter and sees everything I write, I’ll give Stan the pat on the back this time. I hope Susan knows she’s awesome and the chapter would not be in the stable shape it is in today if it weren’t for her and her abilities. Thank you Susan, from the bottom of my heart, and I’m sure everyone else would have to agree.

When Stan decided to clean house and cut back on expenses to save money, he took cleaning to a whole new level. I thought, oh boy here we go, this is going to be ugly. Actually, it wasn’t as bad as I thought. He had to let quite a few people go, which increased the workload on Susan, but she persevered. It’s like he had a crystal ball and knew what he had to do to fix the problems and it would all work out. Stan is a true leader. It’s obvious to many people he was an important military figure; a full bird Colonel in the Army. He was a judge advocate. This is probably why he is such a great person and leader.

I’d like to present just a few of his little-known accomplishments: One day he attempted to use the ramp at the Soldiers Memorial downtown. While he was using the ramp, it broke down. He waited hours for someone to get him off of that lift. From that moment on, he nagged quite persistently for that ramp to be reconstructed. Guess what? It worked. Also, quite recently he was awarded with the Gateway Chapter PVA “Living Life to the Fullest” award for his unwavering strength, perseverance, membership involvement, and leadership. One really cool thing about Stan is that he is not a braggart. He is easy-going and takes things in stride. To him, his great accomplishments are like no big deal and it’s all just part of the job as President. This is yet another example of the chapter members electing the right person for the job; someone who can make the appropriate changes no matter how unpopular it may be at the time.

Ours was a real “rags to riches” story. Our chapter was barely making it a few short years ago, but with the strong leadership of Stan Brown and his common sense and drastic changes, we’re doing tons better. We are not a wealthy chapter, but we’re much better off than we once were. It just took a little time and persistence. Lastly, I would like to mention one of the many promising outcomes of Stan’s superb leadership - the increase in program benefits we’re able to provide to the chapter members. Our programs are better, but only a small portion of our members are taking full advantage of these benefits. Not to sound like a broken record, but I will - these programs are here for you (our members), find out what is available and make use of it.

Thank you for reading!

DON’T MISS THE 9th ANNUAL CAMP PENUEL “FUN RUN”

When? April 25th at 8:00 a.m. **Where?** The event takes place at Lemay Ferry Road (South County) and the Meramec River on the Arnold side of the water. Contact Rose Ganz for more information at **314-607-2077**.

National Director's Report

Stanley D. Brown

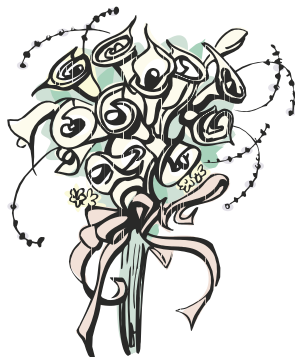
I've just returned from driving 2000 miles round-trip for the 2009 Mid-Winter Board of Directors Meeting held in Orlando, Florida. Although the location sounds glamorous, on every day but the last, our meetings lasted until 5 p.m. Once I got to Florida, I had problems getting my chair properly charged, and on the way home we had a blowout on the right front tire right before crossing the Mississippi into Missouri. In addition to these problems, I was disappointed in some of the resolutions not being passed. Other news from the meeting was very good.

Our Gateway Chapter nominated, and the National Board of Directors by voting, selected our own Dr. Robert Woolsey to be the 2009 non-member Speedy Award recipient. This is the highest award PVA can give to a non-member; it is given for "significant contributions to improving the lives of America's paralyzed veterans." Dr. Woolsey is obviously deserving of the award, and as noted in our nominating packet, he has served our SCI community for 45 years. He has been a special friend to the Gateway PVA and recently named a Fellow in the American Paraplegia Society. Dr. Woolsey will be flown down to receive the award in person at the PVA Annual Convention in August in Miami, Florida.

There were initially 18 resolutions proposed for the Mid-Winter BOD Meeting. Gateway submitted two, one was withdrawn for lack of support and the other was defeated, although getting a majority vote but not a two-thirds requirement. For several years, Gateway and I have felt the national organization is not best served with the existing weighted voting system whereby chapters with more members get more votes. Resolutions to change that system have passed with a majority vote but failed to receive the two thirds required majority. After being approached to do so, I submitted on behalf of Gateway a resolution that partially gave a larger chapter additional funding for the increased numbers of members as opposed to increased voting power. The resolution failed anyway. I also initially submitted a resolution to make all national officers and vice presidents volunteers, like myself and our local Gateway Board of Directors, but withdrew the resolution when I realized there wasn't sufficient support. Another resolution withdrawn concerned PVA eliminating reimbursement for alcoholic beverages as part of the travel per diem granted. Gateway did not submit the resolution, but I supported the concept.

The national economy and difficult charity giving market for our national organization, has resulted in an operating budget shortfall. It was proposed and I supported, a resolution to reduce the individual PVA chapter's contribution amount from the national organization for the rest of this fiscal year in the amount of \$25,000, which equals a savings of \$850,000 after multiplying the 34 chapters times the \$25,000 amount. In addition, there will be \$3 million in reductions in the national PVA operating budget. Even with these cuts, which I am convinced were needed, there will be no reduction in services on the local level for Gateway Chapter members. As always, please feel free to contact me with any questions or concerns.

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.



In memory of...

John Childs	Maryville, IL	05/31/2008
Robert Dittmeyer	St. Peters, MO	08/14/2007
Michael Jones	Chula, MO	12/16/2008
Robert Long	Ozark, MO	10/01/2008
Fred Meyer	Elkland, MO	01/19/2009
Stanley Ness	Freistatt, MO	12/24/2008
Mike Ready	LeRoy, IL	01/17/2009
Milton Stuckmeyer	St. Louis, MO	03/18/2008



**Mark Your Calendars Now for the 2009 Duke McDonald
PVA Local Veterans Wheelchair Games and
Track and Field Clinic
Friday, May 15th 2009
BLDG. 52 – VAMC Jefferson Barracks Division
9am – 4pm**

Please come and join us for a wonderful day of camaraderie and competition at the 2009 Duke McDonald PVA Local Veterans Wheelchair Games. Competitive events will include; Bowling, Field (*Javelin, Shot Put, Club Throw and Discus*), Track (*Power Chair 220, Wheelchair Racing, Gurney Races*), Slalom, Weightlifting, Brain Game, and 9-Ball. Social activities on this date will include a BBQ lunch, entertainment and awards ceremony. All local SCI veterans, both inpatients and outpatients, and their families and friends are welcome to attend. Many often consider this day a “homecoming” to our facility after their rehabilitation and look forward to reuniting with friends and the SCI staff. We find that our seasoned local athletes like to compete in these games in preparation for the national event, and novice athletes enjoy learning the adapted sports while looking to the more experienced athletes for guidance.

In addition to our Duke McDonald PVA Local Veterans Wheelchair Games, we will be offering an adapted Track and Field Clinic. We are excited to announce that this clinic will be facilitated by Tom Brown, Director of the National Veterans Wheelchair Games. He will provide education and hands-on instruction to all of our competitors. This clinic is an amazing opportunity for athletes to learn about adaptations and technique. Whether you are learning the sport for the first time or looking to improve your technique and form, this clinic is for you! Athletes will also be given information and resources so that they may train and compete on both local and national levels.

The more veterans we can reach, the more lives we can enhance with involvement in adapted sports. We are also looking forward to collaborating with community organizations including Paraquad, DASA, and the MS Society so that the competition will be open to not just veterans, but other local athletes or potential athletes who would like to compete in adapted sports. If you live outside of St. Louis, we hope that you will consider making travel plans for this event. It will be a wonderful opportunity that you won't want to miss.

For more information, please contact the VAMC SCI Recreation Therapy Department at **314.652.4100 ext. 64590** or email amy.will@va.gov or matthewluitjohan@va.gov.

***Reminder:** Make sure you have your **applications** for the Wheelchair Games turned in to Amy Will or Matt Luitjohan by **March 15**. Also, don't forget to attend the Veterans **Meat Shoot** on Sunday, March 15th at the High Ridge Elks Lodge at Noon. This is the last JB Sports benefit for the season!

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Eastern Kansas Health Care Facilities Site Visit

By **Bonnie Hilburn**



The Topeka, Kansas and Leavenworth, Kansas Veterans Health Administration (VHA) Hospitals were visited on September 9-10, 2008. This visit was a focused spinal cord injury/disease (SCI/D) medical site visit of the Eastern Kansas Health Care System. Site team members consisted of Judith Elmore, R.N. Associate Director of Medical Services, National Office Committee Member, Pedro De Armas of the PVA Field Advisory Committee, Mark Stever, National Service Officer III, and Bonnie Hilburn, Senior National Service Officer.

Dr. Florian Thomas, Chief of Spinal Cord Injury Center at the Jefferson Barracks VHA from St. Louis, MO accompanied the team. This was a first for the Jefferson Barracks SCI/D Chief. The local facility Director and administrative staff were also involved.

Both facilities were clean and welcoming. They are in the process of expanding and remodeling with new rehabilitative hi-low mats and overhead lifts. Additional bariatric wheelchair scales and weighing devices, attached to the existing overhead lifts are being evaluated. Since there are no side rails on the clinic hi-low mats, efforts will be undertaken to ensure patient safety when using these mats in the clinic rooms.

Issues discussed were van accessible parking, as both facilities didn't meet the ADA required 132 inches of van exit space. Also, in Topeka there were vehicles parked in "Van Accessible" marked spaces. Another issue was wheelchair accessible public bathroom accessibility.

Ongoing SCI/D and educational opportunities need to be offered to other hospital staff working with SCI/D veterans. The need for SCI/D staffing with a SCI doctor at both facilities was reviewed and suggested. These facilities aren't presently being considered the SCI/D patient's primary care provider. Confusion arises when consults or forms are being completed since the local SCI/D Primary Care Team actually sees the individual more than the primary care provider.

Some patients with SCI/D Category 7-8 may be being charged co-payments at the \$50 specialty rate instead of being charged \$15 for the primary care provider rate. The site team understood that this issue was already being reviewed. PVA will continue to monitor this issue. Other issues included annual exams being done at Jefferson Barracks SCI/D Center and better communication between the established Hub and Spokes facilities.

A problem voiced by both VHA facilities was that SCI/D patients weren't keeping their appointments. This "no show" hurts the effectiveness in the SCI Clinic and their reportable numbers needed to justify more staffing. Therefore, it's important to keep those appointments for your SCI/D clinic exams.

An extensive report went directly to the Department of Veterans Affairs Central Office (VACO) in Washington, D.C. and to our National PVA Headquarters. We will continue to follow the progression and implementation of all Medical Site Team recommendations. Any comments or complaints should be presented to your Veterans Benefit Department (VBD) contacts: Mark Stever in the Wichita PVA Service Office or Bonnie Hilburn in the Kansas City PVA Service Office. The Kansas City number is 1-800-795-3612 or locally 816-861-4700 extension 6033 or 816-922-2882.

Gateway Chapter PVA Wishes to Welcome the Following Transferred Members:

William Ingoldsby—Ballwin, MO

Michael (Scott) Richards—Rock Port, MO

Head's Up! Our Member Trap Shoot Season is April 17th through September 18, 2009.



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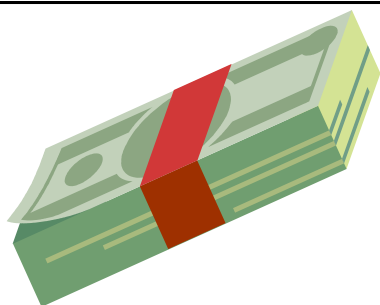


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Scholarship Money Available for the 2009-2010 Academic Year

PVA established an Educational Scholarship Program to assist PVA members and their immediate family in gaining a post-secondary education from accredited colleges and universities across America. For the upcoming 2009-2010 academic year, PVA will be offering FT (\$1,000) and PT scholarships (\$500).

This program is open to PVA members, their spouses, and unmarried children (under 24 yrs old). Applicants must be United States citizens and accepted or enrolled in an accredited college or university.

Applications will be available March 1, 2009 and must be received at the PVA National Office no later than June 1, 2009. To obtain the instructions and application forms, go to www.pva.org (and click on the *Membership* tab); or you may contact your local PVA chapter or call Patricia Rollins at 1-800-424-8200 ext. 619, or email TrishR@pva.org.



SWEAT WITH THE VETS

run walk roll



5k or 1 mile Run/Walk/Roll

**Lace up your shoes! Let's raise funds for the
National Rehabilitation Sports Events**

**Saturday, June 6, 2009
St. Louis VA Medical Center
Jefferson Barracks Division**



Events begin at 7:55 a.m.



**For more information, call (314) 652-4100 X 63255 or email
Jean.Ferguson@va.gov**

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 on page 2. Thanks!

Austin, Jason W.	Claxton, Frederick L.	Delly, Nancy P.	Frye, Kenneth E.	Hauth, Lynda M.
Israel, Abinadab	Jones, Davett N.	Lauderdale, Charles T.	Monahan, James	Radecki, Raymond J.
Rosenthal, Robert	Saddler, Arjian P.	Snyder, Ron	Williams, Kenneth E.	

March 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Daylight Savings Time	9	10 BOD Meeting Overland 11:30 AM	11	12 Patient Support Group @ JB 1:30 - 2:30 pm	13	14 Wheelchair Games - applications are due by March 15
15 Final Vets Meat Shoot @ Noon—High Ridge Elks Lodge	16	17  St. Patrick's Day	18	19 JB Lunch @ Noon/Qtrly Membership Mtg. to follow	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	
23rd National Veterans Wheelchair Games this week in Snowmass, Colorado!						

<i>April 2009</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 Paraquad Roll n' Race at Forest Park (rain or shine)
5 Palm Sunday	6	7	8	9 Patient Support Group at JB 1:30 - 2:30 PM	10 Good Friday	11
12  Happy Easter	13	14 BOD Meeting 4 PM	15	16 Membership Luncheon @ JB - Noon	17 1st Trap Shoot of the Season—Olin Trap & Skeet (East Alton) 10 AM	18 Member Newsletter Articles Due on March 17th!
19	20	21	22	23	24 Nat'l Arbor Day	25 9th Camp Penuel "Fun Run" at 8 AM
26	27	28	29	30		

Address Service Requested

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



**Gateway Chapter PVA
wishes to congratulate
Dr. Robert Woolsey...**

This picture was part of the recent nomination package submitted to PVA for Dr. Robert Woolsey to receive the Annual PVA "Speedy" Award for 2009.

Dr. Woolsey was selected to receive this prestigious award at the February PVA Mid-Winter Board Meeting held in Orlando, Florida. Please see the National Director's Report inside this newsletter for more details.

Congratulations, Dr. Woolsey!

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