

# GATEWAY GAZETTE

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

The 1st Place Winner of our Annual Chili Cook-off held at the Jefferson Barracks VAMC SCI Unit on January 17 was member, Joey Avellone! Joey is pictured at right receiving an Applebee's gift certificate courtesy of United Access. Standing behind Joey are representatives from United Access who volunteered their services at the cook-off, Jeff Roth on the left and Rich Venhaus on the right. Thanks guys!

The 2nd Place Winner was Becky Ballard, pictured below.



Pictured above, Joey receives applause from the crowd for his award-winning chili. I think Joey looks quite happy about it, don't you?

Pictured at left is member, LaRoy Smith (always flashing us an award-winning smile). In the background are some of our beloved volunteers, Barb Hamilton, Lanna Brickhaus and Claudia Hughes.



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

President's Message ..... Stanley Brown  
Annual Trap Shoot..... Susan Lyle  
Introduction..... Rodney Harris

Outdoor Expo Camp..... Charley Wright  
Career Corner (Revision) ..... Keisha Wright  
Drop-box Program..... 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	Rose Ganz
Treasurer	Dennis Durrwachter
Secretary	Jim Trombley

**Board of Directors**

James Holland, PhD	Robert Huskey, PhD
Bobby Jackson	Robert Larkin
Ruth Kult	W. "Rusty" Montague
Mike Norris	

**Board of Directors/Hospital Liaisons**

James Holland, PhD—St. Louis  
Bob Larkin—Kansas City  
W. "Rusty" Montague—Columbia

**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

Fred Bradley	SBA-Senior Benefits Advocate
Rodney Harris	National Service Officer, III
Susan White	Secretary

**Jefferson Barracks VA Medical Center**

JB SCI, Room 2S25  
#1 Jefferson Barracks Drive—St. Louis, MO 63125  
Office: (314) 894-6467 or (866) 328-2670  
Fax: (314) 894-6465  
Tony Timmons Senior National Service Officer

**Kansas City Service Office**

4801 Linwood Blvd, Rm. 1401  
Kansas City, MO 64128  
(816) 861-4700 Ext. 6032/33 or (800) 795-3612  
Rebecca Warchola Secretary

**GPVA Staff**

Allie Breese	Telemarketing
Vacant	Government Relations Director
Susan Lyle	Executive Director/Editor
John Vasel	Transportation
Jaclyn Wetteroff	Admin. Assistant/Co-Editor

**—April is PVA Awareness Month—**

If you know of an area school or group that would like to learn more about our chapter's ongoing mission to assist veteran's with a spinal cord injury or disease, please contact our office at 314-427-0393. We need to hear from you!



Don't forget to change your clocks on March 10th for Daylight Savings Time!

Set your clocks forward one hour.

**QuickenLoans Offers Cash Back**

Quicken Loans is thankful to those who have given so much for our country and are proud to partner with Paralyzed Veterans of America and the Mission: ABLE campaign. Our respect for our nations' heroes is reflected in everything we do. Recently we shifted our support into high gear...

Quicken Loans Mortgage Insiders will help find the right loan for your situation, whether its a VA, FHA or conventional loan. We will help you take advantage of historically low mortgage rates, and give you a special benefit of **\$500 cash back** after closing. Learn more by calling **(888) 559-0375**. Cash back offer only valid on signed applications received between 02/01/2013 and 03/31/2013; PVA member must call the dedicated number shown



**Gateway Chapter  
Paralyzed Veterans of  
America**

**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**

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



### *2012 Annual Report*

We have just completed our 2012 fiscal year audit and you should have received our 2012 Annual Report in the mail in January. As reported, we had another stellar year and our best ever audit. Unfortunately, due to severe budgetary shortfalls on the National PVA level, our annual chapter contribution has been reduced by \$51,000. In addition, as of Fiscal Year 2013, our Executive Director and Government Relations Director grants have been eliminated. This means, in our case, the additional loss of \$57,000 annually. That's a total of \$108,000, which is about one-fourth of our current operating budget for FY 2013.

For 2012, our audit shows a program expense ratio of 85%, which means that out of every dollar we spend, 85% actually goes to programs such as funding members to go to sporting events, running our free transportation program which costs in excess of \$60,000 per year, and continuing all our other programs like monthly SCI Unit luncheons and furnishing snacks for all the inpatients. We receive a Missouri Department of Transportation grant of a little over \$2,000 to run our bus for members. Our transportation program, regardless of the cost, is still so important to get our members out of their homes or nursing homes and into the community. This year, as stated in our Annual Report, we also received a grade of A+ from the St. Louis Better Business Bureau. That grade distinguishes us as an excellent charity among the many out there seeking funds from the community. I must admit I was a bit surprised no one commented on the "administration" section of the report. There is a sentence that says one of the Executive Director's duties included "trying to manage Gateway's **stubborn** president!" Didn't anyone find humor in that? Or, did you just assume keeping track of me is part of the Executive Director's duties?

### *Giving to Others*

Not to get too religious on you, but I heard a sermon last week on loving your neighbor and the value of doing things for others, which is basically volunteerism. Quite a challenge and I know you've heard that prescription for life before. Nevertheless, getting involved in helping others is such a great "therapy" for anyone with spinal cord injury or disease. It helps us focus on others as opposed to dwelling on our own plight and difficulties, which I know at times seems overwhelming. I stayed in bed a week ago for about six days trying to heal a sore on my thigh. As I looked down my body, I realized I was wearing a special boot for an ankle pressure sore, had a new sore on my thigh, and a dried-up blister on my hand from using my arm exercise cycle. The first day I was out of bed I was visiting some SCI inpatients who had been laid up in excess of six months healing pressure sores. That certainly put things in perspective for me. So, my message is to volunteer, help others, and your perspective on your own problems will improve, plus you'll feel better!

### *Clothing Donation Program/Securing Drop Boxes*

Last month I wrote a lengthy paragraph on the ability to earn participation points for securing locations/businesses who were willing to put up (free of charge) PVA clothing donation boxes. To date, no one has responded on that offer. Our Executive Director, in this newsletter, again discusses the program in detail and the opportunity of earning participation points (20 points for each box) which can be applied to funding for the Winter Sports Clinic and the Annual National Veterans Wheelchair Games. Recreation Therapist Charley Wright has an article in this newsletter about upcoming outdoor activities at the YMCA Trout Lodge. Funding for that event can be earned by participation points also. If you're not interested in those programs, points can always be redeemed for "entertainment" gift cards at numerous locations in your area. Please call our office for details.

## JB Article

By Charley Wright

Veterans Outdoor Expo Camp is coming in September 2013. It will be held at the YMCA Trout Lodge, which is located just 1 1/2 hours south of Jefferson Barracks VAMC. They will be our host for our 1st Annual Veterans Outdoor Expo Camp promoting positive life changing experiences. The purpose for this expo is to find ways to overcome obstacles that keep able-bodied and disabled veterans from fulfilling their dreams to be in the outdoors. Our vision for all veteran activities encompass a wide range of outdoor activities. Matching the veteran with potential outdoor activities will require Recreation Therapy staff and other professionals in respected areas of expertise to determine what the veteran is capable of doing with existing adaptive equipment, as well as what activities the veteran may be capable of doing with modifications to existing equipment or just encouragement to participate in this exciting opportunity. More detailed information coming in the next Gateway newsletter...



The SCI RT team will also be hosting Seasonal Veteran Expos throughout the year at Jefferson Barracks starting Jan 2013. Our Winter Expo was a great success with over 40 Veterans attending our first Expo and over 10 sponsors showcasing Kayaking, Fly Fishing, Sled Hockey, Adaptive Scuba Diving, Fishing & Hunting Handicapable Guide Service from Indiana, Boots on the Green Golf Tournament for disabled Veterans and general information on adaptive golf carts, Indiana/Louisville PVA Chapter Hunting and Fishing guides, DASA/USA Paralympics show casing winter sports and local events at Hidden Valley Ski Resort. The potential activities are listed below. This list will be amended as technology, interests and needs change.

Winter Expo: January 2013

Spring Expo: April 2013

Summer Expo: June 2013

Fall Expo: September 2013

Veterans will be exposed to various activities; here are just a few, we would like to list...Fishing, Kayaking, Canoeing, Outdoor Shooting such as Archery and Trap Shoots, Scuba/ Adaptive Scuba, Fly Fishing, Golf, Arts & Crafts, Trail Riding, Hay Rides and the list goes on. Contact me for more info!

Charley Wright, MS, CTRS, ATP  
St. Louis VA Medical Center (JB 128)  
Phone: 314-652-4100 ext. 64590  
Charles.wright6@va.gov



**Don't forget to call me about our Jefferson Barracks VAMC "Local Wheelchair Games" that's coming up soon. The date is set for Friday, May 3, from 8:30 a.m. until 4:00 p.m. in JB's Building 63 (see back cover for pictures from last year's event). Plus, look on page 10 for information about the upcoming National Veterans Wheelchair Games being held in Tampa, Florida, July 13—18.**



## Annual Trap Shoot

By Susan Lyle



If you read the President's Message in our November/December 2012 newsletter, then you're already aware that our April - September monthly trap shoots previously held at the Olin Trap & Skeet Facility in East Alton, IL, were discontinued. There will now be only one Gateway Chapter PVA trap shoot held annually. This year our "Shoot for the Gold" tournament will be held at the Gateway Gun Club located at 13547 Missouri Bottom Road in Bridgeton, MO. This facility is very accessible. The shoot will be held on Friday, June 7, 2013, from 10 a.m. until 2:30 p.m. Tournament trophies will be awarded at the end of the day for the Grand Champion, 1st Place Para and 1st Place Quad. As always, lunch and beverages will be provided by our chapter. In addition, all costs for gun rental and shells will also be paid by our chapter for its members. Registrations will be accepted until Thursday, May 30; call me at 314-427-0393.



Amerivan

**RENTALS  
AVAILABLE**



Vision

- New & Pre-owned Wheelchair accessible vans:  
Vision / Entervan / Amerivan
- Wheelchair / Scooter Lifts
- Bruno TAS/Valet Seats
- Hand Controls & More

**Proud Supporter of  
the Gateway PVA**

**2 LOCATIONS TO BETTER SERVE YOU IN ST. LOUIS AND THE METRO EAST**



**BREESE, IL  
877-526-4131**



**ST. LOUIS, MO  
866-327-1600**



**QAP Certified**

**[www.southernbusandmobility.com](http://www.southernbusandmobility.com)**

## Glad to be Back in St. Louis!

By Rodney Harris



Hello again St. Louis, Missouri! I am proud to return and look forward to assisting the Paralyzed Veterans of the Gateway Chapter. Since my hiatus out of the area, I have seen the fruits of our labor. It first took me to Richmond to serve our members at one of the largest VAMCs in the VHA system of care. I spent over 4 years working with VHA and PVA National in order to make our members stay in the SCI center a little less stressful and to improve their quality of life once released back home. Then it was off to DC to serve our members at the National level. I assisted VBD management with new ideas and help to implement better ways to serve our membership. This experience has helped me to understand the needs of our veterans as well as enabled me to work to improve the services each veteran has earned for their service to our country. I will always be grateful for the knowledge gained and for the chance I was given to serve at the National level. This took me on to serve our members at the Regional Office in Baltimore, in which I covered not just the RO but the VAMC in Baltimore, as well as the VAMC in Martinsburg WV. I worked with two chapters in the region to better serve our members in the tri-state area. Again, this experience helped me to understand the workings of not just the National level of PVA, but the Chapter at the local level. Although we may work separate, we are all working toward the same goal and that is to serve the ones that so need our assistance. I was then asked if I would return to St. Louis, MO, in order to continue the mission of PVA and I could not turn down the chance of being closer to my family and old friends. I cannot explain the feeling I got when I came back and I will always hold close the memories of the people I have helped along the way and how that help changed their lives and mine. Although there have been a lot of miles traveled, the old saying is still true: "There is no place like home." I am glad to be back here and if there is anything I can do to help you in anyway, please let me know – my contact info can be found on page two of this newsletter! Thanks for the past memories and for the new ones yet to come!

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

Gregory Everett.....Versailles, MO

Charles Hampton..... East St. Louis, IL

David Shelby .....St. Louis, MO

### *In memory of...*



Thomas Douglas

Savannah, MO

04/28/12

Ronald Norwood

Enid, OK

10/07/12

Carl Price

Batchtown, IL

01/04/13



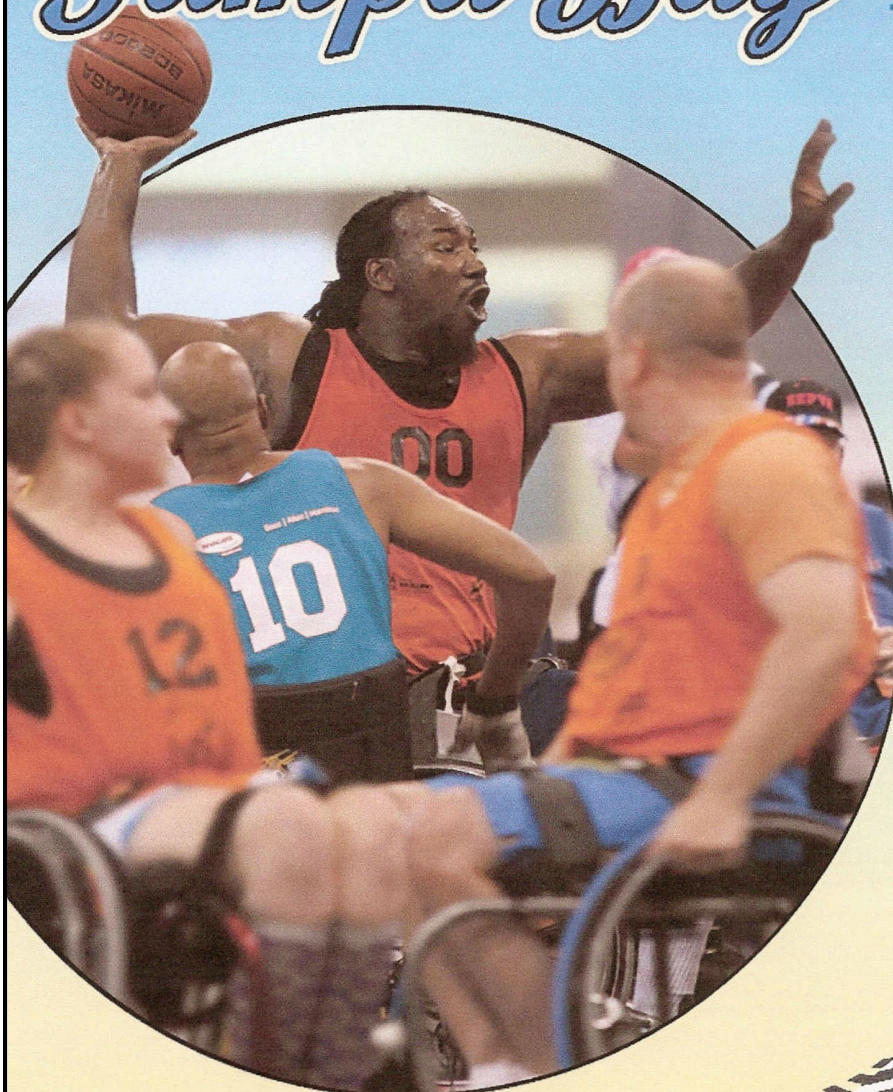
*Please have someone contact our Chapter in the event of a member's death so that we can inform other members who might wish to pay their respects to the departed.*



# 33rd National Veterans Wheelchair Games

Tampa, Florida • July 13-18, 2013

*SEIZE THE DAY IN  
Tampa Bay*



**For More Information and  
Registration Materials Contact:**  
Paralyzed Veterans of America  
Sports and Recreation Program  
(800) 428-8200, ext. 752 or 657  
(800) 795-4327 (tty)  
[www.wheelchairgames.pva.org/](http://www.wheelchairgames.pva.org/)

**or**  
Department of Veterans Affairs  
National Veterans Sports Programs  
& Special Events  
[www.va.gov/adaptivesports](http://www.va.gov/adaptivesports)

**or**  
James A. Haley Veterans' Hospital  
Jeanene LeSure  
(813) 972-2000, ext. 3822  
[jeanene.lesure@va.gov](mailto:jeanene.lesure@va.gov)

Co-presented by:



**\*For Sale** – 2001 Chrysler Town & Country with a side entry ramp. It is silver with leather interior and power everything. \$9,500 but, if you mention you're a PVA member, Mr. Buder will work on the price for you. Contact Daryl Buder at Halloran Auto Sales located in Godfrey, IL: 618-466-4242 or [www.halloranautosales.com](http://www.halloranautosales.com) for details / pics.







# United Access is a Proud Supporter of Gateway PVA!

*United Access is an industry-leading provider of...*

- New & Used Wheelchair Accessible Vehicles
  - Wheelchair & Scooter Lifts
  - Mobility Seating & Hand Controls
  - Electronic Mobility Controls
- Wheelchair Securement Systems & Portable Ramps
  - 24/7 Service Department & Much More!

## 888-939-1010



**Visit us at either of our St. Louis locations**

United Access of St. Louis North  
9389 Natural Bridge Road  
St. Louis, MO 63134

10232-A Rahning Road  
Sunset Hills, MO 63127

United Access of St. Louis South

**Or at**

# **www.UnitedAccess.com**



## Career Corner—CORRECTION/REPRINT

By Keisha Wright

### OPERATION PAVE: PVA's Vocational Program!



#### Education Benefits for Older Veterans

There is a VA education benefit that is available for older veterans. Unlike other VA education and employment programs, veterans do not need to be disabled in order to qualify for this program. Veterans might be eligible for education benefits if they:

- Are between the ages of 35 and 60; (*\*previously noted in newsletter as age 65*)
- Are unemployed;
- Were not dishonorably discharged;
- Are not eligible for any other VA education benefit;
- Have not been rated as individually unemployable (I/U) by the VA;
- And are not currently enrolled in a federal or state job training program.

If you meet these criteria, you may qualify for the Veterans Retraining Assistance Program (VRAP).

*Veterans with Spinal Cord Injury or Spinal Cord Disease who may be receiving SSDI or SSI and wish to work might consider calling a Paralyzed Veterans of America Certified Vocational Rehabilitation Counselor.*

#### Contact information:

**Keisha Wright, M.A., CRC**

**Rehabilitation Counselor**

**Office: 210-617-5300, Ext. 10148**

**Email: [keishaw@pva.org](mailto:keishaw@pva.org)**

**[www.OperationPAVE.org](http://www.OperationPAVE.org)**

\*The Gateway Chapter PVA apologizes for printing erroneous material in our January/February Gazette regarding the above article. It was pointed out to us by the VA that the education benefits are for veterans between the ages of 35 and 60. Although we try to check for errors within our articles, we cannot be held responsible for errors in the articles of others. We are sorry for any inconvenience this may have caused.

#### Help Support Our Mission!

Paralyzed Veterans of America and the Gateway Chapter is in need of your support now more than ever. We're looking for community partners to join us by hosting a year-round clothing donation box at local businesses and storefronts in the Kansas City and St. Louis, MO areas. Please contact us to see if a particular zip code qualifies. Members who locate a business owner to sponsor a drop box will earn placement participation points for gift cards or to put toward attending PVA sporting events. Businesses who allow us to use their property to place a box will gain additional advertisement coverage by being listed on the Paralyzed Veterans of America's national website ([www.pva.org/thrift](http://www.pva.org/thrift)) and the Charity Clothing Pickup website ([www.charityclothingpickup.com](http://www.charityclothingpickup.com)) as a participating sponsor, not to mention the additional customers it will bring to their facility when donors make a drop-off! There are approximately 20,000 individuals who utilize the clothing donation drop box program each week. Over 1,000 donors call per week and are directed to their nearest drop box location. Please help make one of PVA's boxes your local drop box!

By the way, there is no cost to participate in this program. Donation drop boxes are supplied by Charity Clothing Pickup ("CCP") and are fully insured (an example of a drop box is pictured at right). CCP handles all liability and maintenance of the boxes. For over 10 years, the Charity Clothing Pickup program has successfully supported local charities like ours. Help us to make this a successful program in our area. Contact Susan Lyle at the Gateway Chapter PVA office, 314-427-0393, to get more information about the program or to acquire business placement forms. For every box a member places, they will earn 20 points. Not a shabby reward for your efforts. Visit our website to learn more about how to earn additional participation points: <http://www.gatewaypva.org/Programs/Sports/Sports.htm>



***Don't accept limitations  
make modifications!***



***"Your Accessible Home Specialist"***



***Thank you for your service!***

**UNIVERSAL HOME MODIFICATIONS**

**29 FORUM SHOPPING CENTER**

**CHESTERFIELD, MO 63017**

**314-434-4UHM(846) WWW.UHMONLINE.COM**

***Modify your home to maintain  
safe, independent living!***

The Gateway Chapter PVA would like to give a warm welcome to the newest addition of our Gateway staff! LOL



Congratulations to our Administrative Assistant, Jackie, and her husband, Ben, on their new little bundle of joy. They call him their "Teddy Bear." We can see why!



**MIA**



***Have you seen or do you know the whereabouts of our member(s)? The ones listed below are in danger of being purged from the PVA roster. Please call, write, or e-mail us if you have any helpful information! Contact info on page 2...***



**Dennis Bazant**

**Melvin Mueller**

**James Easton**

**Aaron Schmidt**

**Abinadab Israel**

**John Turner**

### **33<sup>rd</sup> National Veterans Wheelchair Games in Tampa, FL July 13-18<sup>th</sup> 2013**

It's here!!! Below is a picture of "Team St. Louis" from last years' games in Richmond, VA. The packets for this year are in the mail (hopefully you have already received yours). The St. Louis Team deadline for applications is March 15. You need to schedule time with the docs in SCI to get the medical form filled out. Don't wait until the last minute to get this done—the SCI unit is short on physicians right now and roll-ins are not likely to be able to be seen. You need to schedule an appointment to get this done. Let's get excited! Tampa here we come!!!

We are always looking for new team members, please let us know if you are interested in going for the first time or if



it's been a long time since your last game attendance. We have copies of the applications in our office at JB...please call, email or stop by and pick up an application for the games today.

Charley Wright, MS, CTRS, ATP  
St. Louis VA Medical Center (JB 128)  
Phone: 314-652-4100 ext. 64590  
Charles.wright6@va.gov

Facebook page: Team St. Louis





# March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10 Daylight Savings Time Begins	11	12 BOD Meeting @ GPVA—11:30 a.m. 15 pts. non-BOD Mbr.	13	14	15	16
17 Happy St. Patrick's Day	18	19	20	21 Luncheon at JB @ Noon; Qtrly Member Meeting to follow: 5 pts. & 15 pts. for non-BOD	22	23
24 Happy Easter 31	25	26	27	28	29 Good Friday	30 Winter Sports Clinic in Snowmass, CO begins today ...



# April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Winter Sports Clinic in Snow- mass, CO thru April 6	1 April Fool's Day	2	3	4	5	6
7	8 Newsletter Articles Due	9 BOD Meeting @ GPVA—4 p.m. 15 pts. non-BOD Mbr.	10	11	12	13
14	15	16	17	18 Member/Patient Luncheon at JB @ Noon 5 pts.	19	20
21	22	23	24	25	26	27
28	29	30			May 3rd is the JB Local Wheelchair Games from 8:30 a.m. to 4:00 p.m.	



Address Service Requested

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

## Local Wheelchair Games at Jefferson Barracks VA Medical Center Friday, May 3, 2013 8:30 a.m. to 4:00 p.m.

Be there or be ... 



This could be yours!  
Registration contact  
info on page 4.



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