

GATEWAY GAZETTE

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



Pictured Above: President Stan Brown awards appreciation plaques to Emerson and Mr. Bob Cox, Jr. for their generous support once again this year.

Pictured Left: Board member, Dennis Durrwachter, poses with Mr. Bob Rives, President of Professional Equities. Mr. Rives is the golf volunteer most responsible for the unparalleled fundraising success of our recent golf tournaments.

Thank You to All Our Friends By Susan Lyle

September proved to be a busy month! We had our most successful Jack Buck Golf Tournament ever. With the help of friends Bob Rives, Kathy Hamby, Jerry Hollingsworth, Fred Waelter, and the entire golf committee, we will once again be able to fund and expand our many Veterans' programs. We have changed our Sports and Recreation program authorized funding for a "night out on the town." This expanded program will be available to all 625 members. Each veteran may earn up to \$75 annually to enjoy a night out simply by being involved with our chapter. Please read Mike Norris' article on page 4 to see how the new program works. This wouldn't be possible without our golf friends. I would also like to thank Christine Buck-Mason and Jay Randolph for being our Emcees for the tournament.

A very special thanks goes to Emerson and Mr. Bob Cox, Jr. for their generous gift of \$25,000 for our golf tournament fundraiser.

Speaking of golf, our sports program account saw an increase of \$7,720, which was donated by Jim Canoy from his memorial golf event held in honor of his uncle, Denis Canoy. On

September 13, Jim's family and friends gathered in Linn Creek, MO, in support of the Gateway Chapter. Denis Canoy was a long-time member/board member until he passed away in May. We are very appreciative of their ongoing support.

In addition, we will receive \$2,000 from Master Jack Harvey of the Kuk Sool Won Martial Arts School in St. Peters, MO. His group did a demonstration on September 20th at the St. Charles High School to benefit a few charities. We were one of the chosen few. Awesome! Thanks so much to Master Harvey and the martial arts students.

Also in September, we had our final "Shoot for the Gold" trap shoot at Olin Trap & Skeet Facility. I would like to thank Cal Garrett and his entire staff for assisting our members again this year. Our winners (pictured on the back page) were: Grand Champion—James Williams; 1st Place Para—Roy Gantt; and 1st Place Quad—Larry Emerick. Way to go, guys!

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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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President	Stanley Brown
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Treasurer	Dennis Durrwachter
Secretary	Bob Larkin
National Director	Stanley Brown

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Terri Fuda	Rose Ganz	James Holland, PhD
Bobby Jackson	Ruth Kult	Ann Malburg
Mike Norris	Jim Spencer	James Williams

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William Perry	Telemarketing
John Vasel	Transportation

ARE YOU A ST. LOUIS CITY RESIDENT WITH SPECIAL NEEDS?

An exciting new program has been established, called the "Special Needs Registry." It is the first of its kind in the state and one of the few in the country that identifies those who would need help in an emergency and exactly what kind of assistance is needed. For example, do you have medication that needs refrigeration or use oxygen or need assistance to leave your house in times of public emergencies? This program will serve to identify you through a restricted database that will only be available to emergency responders, the City's Human Services Department, and public health agencies. Consideration is being given to expanding the program statewide if funds can be made available. For more information, or to register, call 314-612-5918 or go to stlcityspecialneeds.org.

ATTENTION OEF/OIF PURPLE HEART RECIPIENTS

Those veterans who suffered combat injuries in Iraq or Afghanistan, may be able to take advantage of a new program in which homeowners donate the use of their vacation home for a week at no charge to the veteran and his/her family. A non-profit group called Vacations for Veterans, pairs Purple Heart recipients with the donors. To register for this or for more information, contact www.vacationsforveterans.org.

RECOGNITION FOR VIETNAM ERA VETERANS

The state of Missouri wants to recognize and honor all veterans who served on active duty between 2/28/61 and 5/7/75. A medal, medallion, and certificate have been authorized and will be provided to all those who served honorably, whether stateside or overseas. Call toll-free 1-866-834-3431 or visit www.moguard.com, then click on "Programs," then click on "Veterans Awards." The program is administered by the Missouri National Guard.

Bob Sontag, LCSW
 Robert M. Woolsey Spinal Cord Injury Service

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**

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 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



After the ballots were counted, the membership returned basically the same slate of Gateway PVA officers. We do have two new board members: Terri Fuda and Jim Holland. They're both great additions to our Board of Directors. Congratulations to everyone returning and a special thanks to those of you who ran unsuccessfully. I appreciate your concern and willingness to serve. As this calendar year closes, I look back and smile at what our Gateway Chapter has accomplished. We have finished our third straight fiscal year with revenues exceeding expenses, and are again able to put money in the bank. We have also been very careful in not exceeding the FDIC insurance limits with our deposits in separate accounts. We continue to search to purchase a building at a convenient location for our membership that also has ready access to Jefferson Barracks. Most importantly, in my opinion, our Chapter this year was able to stop the VA train that left incredibly without notice to us, that was the St. Louis VA plans to close the SCI unit at Jefferson Barracks and relocate it to new construction at the John Cochran VA Hospital. The last accomplishment I will mention that makes me smile, was our expanded free transportation program this year. For the first time to my knowledge, our Chapter started providing free rides to some of our members who reside in nursing homes. Having lived in nursing homes the first two years after my injury, I can't stress how important this is to our members to be able to get them out in the community.

With our successful financial year, our Board also voted to donate a total of \$10,000 to the new Fisher House being built at Jefferson Barracks. The Fisher House Foundation provides one-half funding, the other half to be raised locally, for temporary lodging for family members of hospitalized veterans. Our Board feels strongly this is especially needed for the families of SCI/D veterans hospitalized at the SCI unit in Building 52. Groundbreaking is November 11, 2008 with plans for opening one year later.

Kansas City Area November 14 Membership Forum

A membership forum/meeting in Kansas City is scheduled for November 14, 2008, at 12 noon in the Kansas City VA Hospital. The forum will be held in the recreation hall on the first floor and lunch will be provided by our Chapter. An informational separate mailing was sent to members with zip codes in the areas surrounding Jackson County. All members are welcomed; we are trying to increase involvement from the western part of the state. Please call the office toll-free number, 1-800-426-4058, to let us know if you plan to attend, so we have an estimate of the numbers for ordering lunch. Participation points (15) will be given for attending. I will provide information on Chapter business and goals, but most importantly, I want to hear your concerns and questions.



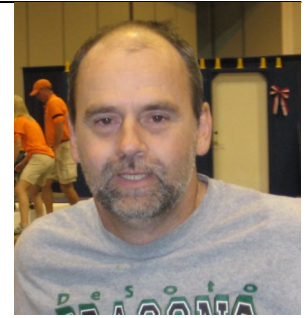
Shown above: Jim Donohue shows the Gateway Chapter board members the new Fisher House plans.

Shown below: Our driver, John Vasel, lowers the van lift for member Bill Skiles.



Sports or a Night Out

By Mike Norris



The Gateway Board of Directors wants everyone to be part of our team, but we know that not everyone is interested in the traditional two yearly sporting activities. So, we are looking at new ways to get our members involved and active.

The Gateway Chapter PVA provides funding to help offset the cost of travel and lodging for sports/recreation events. If you attend any of the “participation activities” listed below, you will accrue points. If you do not plan to attend the Winter Ski Clinic or the National Veterans Wheelchair Games, you can now use your points for gift cards/tickets to use at restaurants and theaters in your home town. Your points will be cashed-in for dollars. One point will be equal to one dollar. The total value of your funding cannot exceed \$75 annually per member.

As a Quad, I know that there are times we cannot attend functions. I also understand that we can have the best intentions, and we can plan our day down to the smallest detail, only to have it ruined by "accidents" or health problems. So, now we have other ways to earn points. For example, you can earn points by having a newsletter article published, working as an approved peer counselor, or volunteering at the chapter office. You can do many things at your own pace.

Read over our participation points system, see if there are things you may be able to do. Check the calendar in your bi-monthly newsletter or on the Gateway Chapter website (www.gatewaypva.org) for events and activities. If you have any questions, call the chapter office. We want to see you out and about.

Gateway Chapter PVA—Participation Points

- A. Points may be used to qualify for Sports & Recreation events funding.
- B. Points may also now be used to qualify for Membership Entertainment purposes. (i.e. dinners, movies, etc.—in the form of gift cards or tickets issued to the member) Membership Entertainment participation points will be calculated at \$1.00 per point earned, up to \$75 annually per member. Participation points are used once per year for either Entertainment or Sporting events; may not be combined with Sports Points earned.
- C. If multiple events are attended during the year, qualifying points will be subtracted after the event is attended.

Points Categories/Opportunities

Points

- | | |
|--|----|
| 1. Attend a chapter function (i.e. JB monthly luncheon or other activities such as the annual Lone Elk Park picnic, etc.) | 5 |
| 2. Attend a community function as a chapter representative (i.e. Elks Meat Shoots, PVA Awareness Week events, & the Veterans Day Parade) | 10 |
| 3. Attend a quarterly membership meeting as a non-board voting member or affiliate member | 15 |
| 4. Attend a monthly BOD meeting as a non-board member (Board members do not accrue points) | 15 |
| 5. Chair an active committee of the Gateway Chapter PVA | 25 |
| 6. Actively serve on an active committee of the Gateway Chapter PVA (As determined by the Committee Chair) | 15 |
| 7. Write a published original submission in the bi-monthly newsletter (Only one per year for President & VP) | 15 |
| 8. Sign up a new voting Gateway PVA member | 25 |
| 9. Volunteer in the Chapter office by folding/mailing newsletters, making copies, or other in-office tasks as needed | 15 |
| 10. Attend a Gateway PVA fundraiser (i.e. golf events, Kuk Sool Won demonstrations, CFC events, etc.) | 20 |
| 11. Direct fundraising efforts (sales) - receive points for every \$50 raised (i.e. tickets sold) | 5 |
| 12. Documented volunteer Peer Counseling as part of an approved VA Program (per hour) | 5 |
| 13. Attend a memorial and/or funeral of a Gateway Chapter PVA member | 15 |
| 14. Make calls/welcome new Gateway Chapter PVA | 5 |

Need Membership Involvement

By Ruth Kult



Ladies and Gentleman:

Hello, how are we doing since the summer has come to a close and wintery weather is on its way? I guess the weather fits being strange and unpredictable with it being a little past all the drama of Halloween and moving on to our next celebration of Thanksgiving. We have encountered a problem that only the members of this chapter can solve.

First, I would like to thank the members who voted for me to serve on the board again this year. When I heard I had quite a few votes, I thought how cool is that, people must like me! Then I realized it sure didn't take Mr. Fred Bradley very long to COUNT THE VOTES. This is because very few ballots came in.

Here are some numbers: We have approximately 625 members. We only had 27 ballots returned, which only 25 counted because two votes came in without addresses. Twenty-seven people out of the group of 625 voted. This is only 4 percent of the members. Now, according to my figuring, which is not good because math was never a strong point of mine, maybe only 15 non-board members sent in their ballots. We had 12 board members, who hopefully all voted. Do the math $27 - 12 = 15$. Fifteen members - geez, not good!

Second, quite a few people went to the wheelchair games in Omaha this past summer. Some of the people received money from the Gateway Paralyzed Veterans of America for this trip. Seventeen people to be exact. The reason why some of these people received funds is simple: they participated in chapter functions and fund-raising events. It's not rocket science... You put some effort/participation in and good things come.

We all know that you rarely ever receive something for nothing. The same concept is used here. It really isn't an impossible task. It is just participation.

One thing that burns me up is many people say that the members of the board always get their trips paid for. This is so NOT true. Board members earn points for attending qualifying events just like everyone else. I think a majority of the people say "well we didn't know." Guess what? Read your Gazette, it's all there. Check the calendar or even go to the chapter website.

Third, some of the folks that run these events for our benefit are most likely getting fed up because no one, except a few of the regulars (usually board members), are coming to these fund-raisers. These funds are important.

All of these trips cost money. Like it or not, no one owes anyone anything. Unless you're unbelievably wealthy and can afford to finance your own way for these trips, fund-raisers are very important to us. Please attend as many and as often as possible.

Pen Pal Wanted-

We have had a request for veteran pen pals by a woman living in Warrenton, Missouri. If any of our members are interested in writing or calling a pen pal, please contact our office for the details. We will need to verify membership before we can release the information of your new pen pal. Thanks!

Get Out the Vote

Bob Larkin Speaks



Happy Thanksgiving everyone. Well, I hate to be the bearer of gloom and doom, but we are finally in the soup. The trickledown effect has gotten us all. Remember 2006? We changed a lot of faces in Washington hoping for some change. We certainly got it. It only goes to show greed is contagious.

In 2006, consumer confidence was at a 3-year high, regular gas sold for just over **\$2.00 a gallon**, and the **unemployment rate was 4.5%**.

Since the changing of the guard in Congress in 2006, consumer confidence has plummeted.

The cost of gas is over **\$3.00 a gallon**, and the **unemployment rate is over 7%**.

American households have seen **over \$2.5 trillion** in equity evaporate (stocks and mutual funds). Americans have seen their home equity drop by **over \$1.5 trillion**, and **over 1% of American homes are in foreclosure**. We wanted change, we sure got it.

Yes, this is our fault! We let this happen. We let our guard down. We could point our fingers in blame, but we must look in the mirror.

I, like everyone else, thinks it is going to get worse before it gets better. How bad it gets, once again, is up to us. Just tighten up your belt and get ready for a ride.

We must decide where we want the country to go, and we have historic choices no matter how we vote. I encourage you – no, I challenge you to get to know those you are going to send to make our laws. From that neighbor running for the school board to the person you think is best for the job in Washington D.C. Learning of the job these people have done may give us an idea of the job they will do. Remember, your vote is your power. It is so much more than just going to the voting booth. Get out there and use it.

These people work for us. Get in touch with them; let them know how you feel. We can write, we can call, we can e-mail. It is up to us. Never feel like it doesn't matter.



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National Director's Report

By Stanley Brown



In August I attended the 62nd PVA Annual Convention in Portland, Oregon. Traveling by airplanes the last year have put me in bed with pressure sores for a total of three months during the year, so I chose to travel by car with my attendant. It was about 2000 miles one way, but the scenery in Wyoming and upstate Washington was spectacular. Most importantly, I survived the trip with my backside in tact.

On the national level we continue to face a declining economy and search for new revenue sources. Our history of relying on our mail program for revenue is becoming more problematic and challenging. We are currently looking for our involvement with Richard Petty Enterprises, and the NASCAR market, to be a major new source of corporate sponsors and revenue. The convention delegates voted to return basically the same slate of officers. Randy Pleva was elected as President and Gene Crayton as Senior Vice President; Craig Enenbach will return as Treasurer. There was one change of liaison Vice Presidents, with Al Kovac from the San Diego Chapter, coming on board. Bill Lawson will become Gateway's liaison.

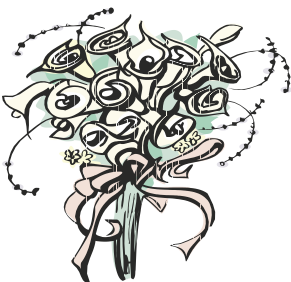
The most important discussion at the convention concerned new VA plans for the delivery of healthcare in VISN 19, specifically the Fitzsimmons VA Hospital in Denver. After years of planning to build a new hospital and provide a 30-bed SCI unit in the hospital, the VA Secretary proposed a new, and in my opinion devastating, plan to outsource and privatize SCI care into a community-based system. Credit goes to our national PVA leaders for quickly organizing other veterans' service organizations, mobilizing Colorado legislators, and forcefully going on record in opposition to providing SCI care at various community-based clinics. The VA Secretary concept on paper extols the virtues of providing care away from urban centers with dwindling population, and taking advantage of telemedicine. The concept also admits the cost savings of not building large VA hospitals. PVA quickly and correctly, recognized this plan could be the beginning of dismantling how the VA delivers health care to veterans, and health care to veterans specialty care, SCI care, in particular. The plan proposed a new five-bed (previously 30) unit for SCI rehabilitation and care within the new scaled down VA Hospital, and proposed the services be performed in different community-based clinics. The proposal dismisses the benefits of having SCI veterans in rehabilitation in one SCI Center with a stable team of SCI physicians, nurses, and therapists. Also lost in the plan is the benefit of having the veterans going to rehabilitation with other veterans with similar injuries and spinal cord disease. In my opinion, the benefit of having these men and women socializing and adapting together in an environment of shared experiences outweighs any cost savings of dividing the care among community-based clinics. These proposed VA changes for VISN 19 are now on hold, no doubt awaiting the outcome of the presidential election in November. Our PVA organization will work hard to convince the new administration such plans are not in the best interest of our membership.

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 shown on page 2. Thanks!

Austin, Jason	Bunch, Jack	Calhoun, Michael	Collins, Robert E.	Delly, Nancy P.	Israel, Abinadab
Jones, Ralph	Kilcoyne, Tim	McPherson, Darrell	Monahan, James	Pfeifer, James	Roden, James

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 George	Puxico, MO	08/24/2008
Ralph Houston	St. Louis, MO	09/11/2008
John Marshall	Centralia, IL	09/01/2008
George Neill	Kingsville, MO	07/30/2008
Donald Sarafian	Wright City, MO	08/30/2008
Arthur Vann	Cape Girardeau, MO	09/08/2008



News for Veterans with ALS

By Tony Timmons



Well, I just got back from Salt Lake City, Utah, attending the Veterans Benefit Department annual Continuing Education Program (CEP) training seminar. One of the hot topic items was the recent decision by Department of Veterans Affairs (VA) Secretary James B. Peake, to allow service-connection of Amyotrophic Lateral Sclerosis (ALS) for veterans who served honorably in the armed forces. The time in service requirements are listed in the law under 38 U.S.C. 1112(a) and federal regulations 38 CFR 3.307(a)(1), states the presumptions of service incurrence for various conditions, such as chronic diseases and tropical diseases, applies generally to eligible veterans with at least 90 days of active, continuous service. This is great news for our veteran members and non-members who may now be eligible for membership.

ALS, also known by its more familiar name, Lou Gehrig's disease, was first identified as a disease in 1869. Although much more is known about the disease today, we still do not know what causes the disease or how it can be prevented, effectively treated, or cured. The VA has established in its interim final rule (as this is being referred to) that a new 38 CFR 3.318 to provide that the development of ALS at any time after discharge or release from active military, naval, or air service is sufficient to establish service connection for that disease. Paragraph (b) of new 38 CFR 3.318 provides that this presumption of service connection for ALS does not apply if there is affirmative evidence that ALS was not incurred during or aggravated by such service or affirmative evidence that ALS was caused by the veteran's own willful misconduct. The VA understands the unlikelihood of someone contracting ALS due to willful misconduct, but that is part of the criteria in establishing the service connection.

ALS is a progressive, neurodegenerative disease that attacks nerve cells and pathways in the brain and spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to muscles throughout the body. It is through these neurons that we are able to control all muscle movement, whether it be moving our arms and legs, or simply breathing or opening and closing our eyelids. Eventually, these motor neurons cease to function and die. As a result, one's ability to initiate and control muscle movement is lost and ultimately results in total paralysis. The average life expectancy for a person with ALS is two to five years from the time of diagnosis. This is why this new decision is so important. We need to identify any and all veterans who have been diagnosed with ALS, or who may have died as a result of ALS, so that we can ensure that they and/or their families can be properly compensated for service connection of this disease. This includes surviving spouse's filing for Dependent's Indemnity Compensation (DIC) benefits.

Contact the closest PVA National Service Officer for more information or referrals. In Missouri, you may call 1-800-795-3614.

Gateway Chapter PVA Wishes to Welcome the Following New Members:

Edward Christian—Lake St. Louis, MO

Ronald Krigbaum—Warrenton, MO

Jason Seaton—Grayville, IL

Ira Simmons—St. Louis, MO

Robert Heet—Belleville, IL

Ron Mason—Florissant, MO

Evan Shea—Kansas City, MO

Benjamin Sinclair—Sandoval, IL

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CAMP PENUEL 2008—By Amy Will

The 4th Annual PVA/SCI Fishing Tournament and Camping Weekend was a great success. We had ideal "camping" weather; the days were sunny and warm which made fishing, boating and even swimming so very enjoyable. The nights were cool - perfect for roasting marshmallows and Brown Bears around the campfire. Lonnie Crider took the top honors in this year's fishing tournament winning in both the *Most Fish Caught* and *Biggest Catch* categories. Jacobi Buchanan went home with the honor of *Smallest Catch*. We also welcomed several new veterans to our camping trip this year...it was great to see them experience the great outdoors first hand. We would like to give special thanks to Reverend Harry Douma and his amazing staff from Camp Penuel. We are so grateful that he provides us with this wonderful opportunity year after year. Below are some pictures from our trip.



<i>November 2008</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						1
2 Don't forget to set your clocks back 1 hour!	3	4 -Election Day-	5	6	7	8 Veterans Day Parade-Noon St. Louis, MO
9	10	11 Veterans Day - Office Closed	12	13 Patient Support Group @ JB 1:30 - 2:30 pm	14 Membership Forum at K.C. VA rec hall— Noon (RSVP)	15
16	17	18 BOD Meeting Overland 11:30 AM	19	20 Thanksgiving Membership Lunch at JB— Noon	21	22
23	24	25	26	27 Happy Thanksgiving! Office Closed	28 Office Closed	29

<i>December 2008</i>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Nov. 30	1	2	3	4	5	6
7	8	9 BOD Meeting Overland 4 PM	10	11 Patient Support Group at JB 1:30 - 2:30 pm	12 Member Newsletter Articles Due	13
14	15	16	17	18 JB Holiday Membership Lunch 12:00 & Meeting 1:00pm	19	20
21	22	23	24	25 Office Closed	26 Office Closed	27
28	29 Office Closed	30 Office Closed	31 Office Closed	Happy New Year from Gateway PVA! Office Closed	Office Closed	Our Annual JB Steak Dinner will be held on Jan 6 this year.

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



Trap Shoot Grand Champion—
James Williams



Trap Shoot 1st Place Para—
Roy Gantt



Trap Shoot 1st Place Quad—Larry Emerick



Left: Christine Buck-Mason chats with our paralyzed veterans prior to the Jack Buck dinner and auction on September 9, 2008 at the Landings at Spirit Golf Course in Chesterfield, MO



Left: Mike Norris, LaRoy Smith and Ruth Kult enjoying the day at our annual Lone Elk Park BBQ

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