



GATEWAY GAZETTE

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



Star-B-Q Fundraiser in Branson

By Bob Larkin

Very early on a crisp, starlit September morning I loaded up my car and drove to the Star Touring and Riding Association's Motorcycle Rally where they raise a few bucks for the chapter. These things are a blast and the food, oohh my. Where else are you going to meet folks with names like Bear, Bald Bob, Ricochet & Weird Steve? Of course our normal friends like Harry, Leslie, Robert and Lynn were there; the group has been doing fundraisers for us for several years now.

I usually love these trips, but this morning was different. This morning I was headed to Warrensburg to first pick up Gateway member Troy Bucklew. I hadn't seen Troy in a few years, right after his daughter's funeral, as a matter of fact. Before that, it was right after his wife's funeral several months earlier. So really, this was the first time he had been social in several years. We had invited him to events and meetings, but he was not ready until now.

Pulling up to his house brought back memories of a little blond girl asking for a ride on my lap. I smile. Troy had been one the most dependable members when the subchapter was active in the Kansas City area. Now that we have a lot of work to do, was that Troy still here?

The day turns from the perfect morning to the perfect day. The sun was warm, the breeze was light and the blue sky invited even the most casual motorcycle rider out to join our efforts. We arrive a little before lunch to help serve and thank the riders for their time and efforts. The group looks large by the number of scooters lined up in front of the hotel. As I put the van in park, Troy and I exchange that glance that reads, "so far so good." It wasn't long until I knew things were going to be just fine. Troy was back in an element where he was comfortable. Every handshake not only said thanks to a biker for coming out today, but thanks to a veteran and welcome back from a war of his own.



The ride home was quiet as Troy slept. Quiet after the roar of the scooters participating in the motorcycle rodeo out behind the hotel. Quiet from the auction of some of the best pies in the state. As I motor on to Warrensburg, I get an easy feeling. Maybe a day at a great fundraiser had also been a day of great therapy and the beginning of the next chapter of a friend's life. Driving away after dropping Troy at his house,

the thought of a great day causes me to give thanks for another crisp, cool, starlit September morning. What a day.

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

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Paralyzed Veterans of America**
<http://www.gatewaypva.org>

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Veterans Day Parade
Saturday, November 10, 2012

Downtown St. Louis

We'll meet at 14th St. & Olive at 11:00 a.m.

Congratulations to the following winners of the 2012-2013 PVA Educational Scholarship:

Larry Curry, GPVA Member
Paige Baldwin, Daughter of GPVA Member Phillip Baldwin

Annual SCI Chili Cook-Off and PVA Luncheon



Come and be part of the greatest chili cook-off known to the VA. It's once again time to start getting your favorite chili recipe perfected and then put it to the test on January 18, 2013. All crock pots of chili must be in the SCI dining room by 11:30 a.m. There will be chili tastings and voting by all, followed by a wonderful luncheon provided by the Gateway PVA Chapter. Please inform us if you plan to bring a pot of chili so that we can have adequate table space for the entries.

To reserve your spot, for more information, or to have any questions addressed, please contact Matt at 314-894-6602 or Charley at 314-652-4100, Ext. 64590.

Exclusive Worldwide Hotel Discount Program

Paralyzed Veterans members, friends and family now have access to a worldwide inventory of hotels at exclusive discounted rates. You can take advantage of *savings that may exceed 50% and average 10-20% below best available rates.* Any hotel, anywhere, anytime.

For more information, go to www.pva.org, under the "For Veterans" section at the top, click on "Membership." Then at the left side, click on "Membership Benefits." You will see a section for Hotel Discount Program.

Congratulations to our 2012 "Shoot for the Gold" Trap Shoot Winners:

Grand Champion, Clay Wilson; 1st Place Para, James Smith and 1st Place Quad, Steve Stratmann.



**Gateway Chapter
Paralyzed Veterans of
America**

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

**Gateway Chapter PVA
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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



Fiscal Year 2013 Gateway Budget

We have just completed and approved our current year operating budget. We have not reduced any program or member expenditures. However, as I wrote in my July/August message, we will be down about \$100,000 in revenue from our national organization. This year we have budgeted to continue our operations/program expenditures the same, but our bottom line forecasts us using about \$20,000 from savings and investments. We'll see if that is necessary as the year progresses. We certainly can't continue in that way for very long and must seek additional revenue as well as be prudent in our expenditures. I expect our past generous donations to other organizations or charities, often different VA departments, will be reduced.

Fundraising, Fundraising...

As noted in the paragraph above, as a chapter, which means individual members also, we need to pursue additional sources of revenue. The chapter board voted at its last meeting to cease furnishing food at the board meetings. As I write this article I must mention that two days ago we had a fundraiser in Eureka, Missouri, that was in conjunction with Wal-Mart and Jiffy Lube. Although well advertised to members in e-mails, only two of us (pictured below), both board members, came to the fundraiser. The weekend before, we had a fundraiser at the Arnold VFW and I was pleased to see three non-Gateway board members attend. At all these fundraisers it's very important for us to be there to actually show who is benefiting from the donations. Plus, and it's a big plus, attendance at a fundraiser is worth 20 participation points. This coming Friday I will travel to Kansas City for a member forum. At that meeting we will talk about PVA opening a clothing drop-off program in the Kansas City area and the need to secure drop-off site boxes at locations around the city. That will be an excellent opportunity for Kansas City area members to earn participation points. Any Gateway member who has fundraising ideas, please



Jim Trombley and Stan Brown

step forward! At our October board meeting we discussed the possibility of doing a "Casino Night" for prizes. I know

two other chapters that are doing this with an initial outlay of about \$1,000 to get the equipment and operators. If you have experience in that area, other than losing money on the boats, please let us know by contacting Jessica Dunsmore in our office, or member Jim Trombley, who now heads our Development Committee.

Emergency Preparedness

In September, Jessica Dunsmore, our Government Relations Director, and I attended the "All Ready Community Summit" emergency preparedness conference targeting disabled persons and organizations. SCI Staff at Jefferson Barracks has been meeting on the same subject, and Jessica and I will join those meetings. As this winter approaches, I would encourage everyone to have backup plans for the possible inclement weather and loss of electricity. Knowing from personal experience and past winters, if you rely on attendants/aides, you especially have to be cognizant of their possible inability to get to your house and the problems that will cause you. I also know from personal experience that if you have an air mattress that fluctuates the pressure, it relies on electricity and you should have a backup battery that at least runs for a little while. Meeting with the SCI staff on this issue will hopefully let us put together a plan and assistance to deal with these emergencies.

Government Relations Director's Report

By Jessica Dunsmore



Are You Prepared?

Although September has passed, and that month is designated as National Emergency Preparedness Month, it's never too late to make a plan for you and your household. Stan and I recently attended a community summit on emergency preparedness (with emphasis on preparation for individuals with disabilities), and have compiled many informational brochures/resources from the event. If you are interested in receiving any of these materials, (including info such as preparing for winter storms, earthquakes, and how to create a safety/emergency medication kit), please contact our office.

Some Emergency/Disaster Preparedness Resources:

-211-This is a United Way service that provides 24/7 access to local resources following an emergency in Missouri and Illinois. It is available to residents in all counties in MO, and the IL counties of Calhoun, Clinton, Greene, Jersey, Macoupin, Madison, Monroe, Randolph and St. Clair. You can dial 211 (from landlines and some cell phones), 1-800-427-4626 or TTY 1-866-385-6525. Please visit <http://www.211helps.org/> for more information on this service and additional resources the service provides.

<http://www.allreadystl.com>

<http://www.redcross.org/find-your-local-chapter>

https://www.disability.gov/emergency_preparedness (note underscore between emergency and preparedness)

The ADA and Voting—Your Rights

Election Day is on the horizon—Tuesday, November 6 to be precise. Title II of the ADA and laws such as the Help America Vote Act (2002) require that all aspects of the voting process be accessible to people with disabilities. If you plan on making it to the polls on November 6 and encounter any sort of barriers to voting, you can call the Election Protection Coalition for guidance at 1-866-OURVOTE. Also, if you believe that any form of voter access discrimination occurred, you may contact the DOJ Division of Civil Rights Voting Section to file a complaint, or please feel free to call me for assistance.

Independent Budget FY 2014 Critical Issues Report Released

The *Independent Budget* (IB), co-authored by PVA, AMVETS, DAV and VFW, recently released their “Critical Issues” report. This document analyzes important budgetary and policy issues affecting veterans in an effort to provide a reference to Congress, the Administration and the VA. The critical issues outlined for FY 2014 (October 2013-September 2014) include:

- 1) Protection of the VA healthcare and benefits systems in a time of fiscal restraint
- 2) Successfully completing reform of the benefits claims-processing system
- 3) Transition, employment and education for today's veterans
- 4) The continuing challenge of caring for war veterans
- 5) Maintaining VA's critical infrastructure

Specifics, (both budgetary and policy), will be outlined in the full report, which should be released in February 2013. Visit <http://www.independentbudget.org/> and click on the **2014 Critical Issues** link for more information, or contact the chapter for a copy.

Investigation of Sterilization Issues at John Cochran VA Medical Center Now Closed

In mid-September, federal investigators closed their case regarding the cleanliness/sterilization issues at the John Cochran VA Medical Center in St. Louis. In a report from the VA Office of Inspector General, it's noted that the hospital hired more staff for the medical equipment/sterilization department, and opened a \$7 million sterile processing lab this past spring. The problems with dental and surgical equipment sterilizations surfaced in 2010. During a follow-up visit in July 2012, investigators determined the problems had been adequately resolved. The hospital was also cited this past June when a 58-year old man died after kidney dialysis.

Attaboy

By Ruth Kult



Hello all,

We just had the biggest fundraiser for our Gateway Chapter of the Paralyzed Veterans of America, which was our 17th Annual Jack Buck Golf Tournament. It took place at The Landings at Spirit Golf Course in Chesterfield, Missouri. Mr. Bob Rives picked up after Mr. Jack Buck passed away. Mr. Buck's daughter, Christine Buck (Channel 11 News Anchor) emceed the tournament for us. We had a good tournament with Mr. Buck and we're blessed with Mr. Rives. He's awesome. He tries to outdo himself year after year. He's all about trying to raise funds for our chapter. How did we get so lucky?

Having so many people in wheelchairs there to see off the golfers as they hit the course is kind of an encouragement to them. We may be used to seeing wheelchairs every day, but many of these golfers never see people in wheelchairs and probably don't realize we're as normal as anyone else. It's kind of a win-win situation. They see there's a real reason behind their presence there; not just having fun golfing. These are the people that benefit from the tournament. We, as wheelchair users, are out in the public living our lives. Not staying at home twiddling our thumbs.

I was thrilled to see our member, Chad Buder, there. His mom and some friends also came and stayed for dinner and the silent auction. He sponsored a team, which was really neat. He also donated an autographed football as an auction item. What a guy. He does nice things for our chapter. Even our own chapter president, Mr. Stan Brown, sponsored a team. Stan had two doctors and a minister on his team to cover all his bases. Some people couldn't afford to be as generous financially, but their physical presence was just as good. I also sponsored a team. My brother and my nephew are two constants on my team. I had my team until the date was changed. My two wonderful cousins were going to try to hold down their title, but since the date was changed from the 11th to the 18th they already had reservations to fly to Arizona, so they couldn't golf this year. Hopefully they can make it next year.

I'm not too familiar with the scoring, but I'll give it a shot. If two teams tie, the officials choose a hole. Whichever team scores better on that particular hole wins the tie. Unfortunately, my team tied with Stan's team. His team won second and my team took third.



In memory of...

Kenneth Bearden
John Meyer

Marion, IL
Olathe, KS

02/28/12
08/22/12



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.

Gateway Chapter PVA Wishes to Welcome Our New Members

Gloria Baker Ballwin, MO
Kevin DeWitt Nicholasville, KY
Arnold Pfannenstiel Olathe, KS
John Wayne Florissant, MO

Michael Cawvey Pevely, MO
Joseph Lindquist Kansas City, MO
Leo Walsh Kansas City, MO
Brian Williams St. Louis, MO

MIA

Aaron Schmidt



*Have you seen or know the whereabouts of this member?
He is in danger of being dropped from the PVA roster.*

Please call us, write to us, or e-mail us if you know where he is! Our contact info is inside the front cover.



Beneficiary Travel

By Senior Benefits Advocate, Fred Bradley



What is it? Who is eligible? What about transportation by ambulance or other conveyance?

These are common questions veterans and care-givers ask. I will summarize what this benefit entails. For those inquiring minds who want the nitty-gritty of Beneficiary Travel, you can find this in VHA Directive 1601.B.05 updated July 23, 2010. Simply go to www.va.gov and in the "Search" box, type in 1601B.05 and it will link you to the handbook.

What is it? In a nutshell, it is payment for travel to and from a scheduled appointment at a VA Medical Center that can provide the necessary treatment, i.e., Spinal Cord Injury Unit. To be eligible, you must have:

- A service connected condition rated at 30% or more, or
- You are traveling for treatment of a service connected condition regardless of the percentage, or
- You are in receipt of non-service connected pension, or
- Your income does not exceed the maximum annual VA pension rate (Keep in mind this can include basic pension rate, housebound pension rate or aid and attendance pension rate. You do **not** have to be in receipt of pension to qualify. If your income is below these rates & you medically qualify, say for aid and attendance, then that is the rate the Travel Office should use to determine your eligibility)
- Lastly, you are traveling for a scheduled Compensation & Pension Examination.

Veterans qualify for a special mode of transportation (ambulance, wheelchair van etc) if:

- Your medical condition requires a special mode of transportation as determined by a VA doctor, **and**
- You meet one of the eligibility criteria previously listed, **and**
- Travel is pre-authorized (not required for emergencies if delay would be hazardous to life or health).

There is generally a deductible of \$3.00 one-way or \$6.00 round-trip. The deductible can be waived when it would cause severe financial hardship which includes being in receipt of VA non-service connected pension or if you are non-service connected and your previous year's income does not exceed the pension income limits I listed previously; your income does not exceed the VA national household income threshold for the previous year or due to loss of employment or incurrence income does not exceed the VA national household income threshold for the previous year. The current rate of reimbursement is 41.5 cents per mile. You must arrange this with a Social Worker. For spinal cord injured veterans, that would be your SCI Coordinator at your facility.

You can be paid for the cost of meals, lodging or both **not to exceed 50% allowed to government employees** when VA determines an overnight stay is required. I would not advise someone to go out and have steak and lobster for dinner and expect VA to pay. They will only pay part of the cost. You will need to submit receipts for meals and lodging. You are not required to submit receipts for gas. For travel that includes meals and lodging, a claimant must apply for and receive prior approval in order to receive payment for meals and lodging. VA looks at the distance you have to travel; time of day the appointment is scheduled; weather & traffic conditions; your medical condition & its impact on ability to travel. If you require an attendant to travel with you whether it is friend, family or spouse, the amount of payment is limited to the same amount paid to the veteran beneficiary.

Where to apply? You should go to the Travel Office at the VAMC that you traveled to for service. Prior to going to the Travel Office, be sure to have the clerk in the clinic you went to send an electronic authorization to the Travel Office. If you are unable to apply the same day of your exam, you have 30 days to make a claim. You can call the Travel Office and they will instruct you if anything is needed.

Beneficiary travel benefits can be quite confusing. If you are not inclined to read the handbook via the Internet, as always, please contact your PVA National Service Officer for more information. Please see page 2 for National Service Officers' contact information.

Gluten Free in a Nutshell

By Jim Trombley



Many of you may have friends or family that may be sensitive to gluten and have either gluten intolerance or celiac disease. It seems to me that many more people are developing food sensitivities and I believe it could be due to the over processing of foods with the addition of fillers such as wheat and gluten to the foods we eat. Many people may be unaware that they have developed food sensitivity, but do suffer with bloating and indigestion and believe it's normal to feel this way. That's what I first thought, and believe me, it's not normal. I can tell you from experience that it's worth the effort to investigate the bloating and discomfort and to find out what's going on. In this article, I will explain what gluten is and what conditions are associated with gluten sensitivities. I will also tell you how to find out if you have gluten or other food sensitivities and how to watch what you are eating to avoid gluten and other foods.

Gluten is a vital protein found in grains that's important for the germination in these grains. Gluten is what makes your bread rise, feel soft and gives the dough its elasticity. Wheat, barley and malt glutes are the grains common with gluten intolerance for individuals with wheat sensitivities or celiac disease. Gluten consumption can be very uncomfortable for individuals with this intolerance and it can be really dangerous for individuals with celiac disease. Those with gluten intolerance can suffer digestive issues with indigestion (chest pain), bloating and constipation. Those with celiac disease suffer autoimmune problems in the small intestine where nutrients are not being properly absorbed. The small intestine can be damaged and the individual could suffer from malnutrition. There is another intolerance that can go along with gluten and that is the lactose in milk. Lactose intolerance can cause severe abdominal pain with bloating and diarrhea. Don't worry, food intolerances can be managed, but first you need to find out what the intolerance is by trying an elimination diet.

The first step in modifying your diet is starting an elimination diet. An elimination diet starts with the sensitivity you are looking for. I had been suffering bloating and indigestion for years. I finally went to see a specialist and underwent testing for celiac disease and other issues with upper and lower GI's. To check for celiac disease the hospital did a biopsy of the small intestine. All tests were normal, meaning that I may be intolerant to something in my diet. The doctor said I may have gluten intolerance and recommended I try an elimination diet. I did some research and learned I had to try and avoid eating any foods with wheat, barley or malt ingredients and started an elimination diet and food journal. An elimination diet is one in which you eliminate a certain food or food group from your diet and wait to see if you start feeling better, which can take a week or more. For me, once I started feeling better, I would introduce a gluten containing product such as bread into my diet to see what happened. I immediately became bloated and knew wheat gluten was the problem. My next step was to try an elimination diet for lactose and discovered I am moderately lactose intolerant as well. Lactose intolerance is different than gluten intolerance because it can be managed by taking a lactase supplement such as "Lactaid." However, there is no supplement or quick fix for gluten intolerance and diet changes are the only option. To watch your diet, you need to read labels and select your foods very carefully. Gluten is in many products as flavor and fillers. Gluten intolerance can also be present with lactose intolerance, so a well-planned elimination diet is very important.

When I first started looking at labels, I found that wheat is in just about every processed food from pre-packaged lunch meats and cereals to salad dressings and sauces. Some food examples containing malt are "Corn Flakes," "Snickers," beer and ice cream. Beer contains malt and barley as well as wheat in specialty beers. Pre-packaged meals contain wheat in the seasonings including soups, baked beans and others. The point I am trying to make is not to take it for granted that a product is gluten free. If it does not say gluten free, check the ingredients and even then be very cautious with what you buy and eat.

When I shop, I look for products that are labeled gluten free, but they are very expensive. So, I have been eating a lot more fresh fruits and vegetables. I really do miss the soft wheat bread, but there are some really good alternative gluten free products out there. I also own a gluten free cook book and bake some of my own breads and desserts using a wide variety of gluten free flours. I think everyone should try and introduce some gluten free foods into their diet and see how they feel after a while. Gluten free is not just a trend, it's a serious condition that needs close monitoring. **Please check with your nutritionist, should you choose to try an elimination diet.** Visit <http://blog.zingbars.com/wp-content/uploads/2011/10/GF-shopping-guide-final.jpg> for a copy of the "Gluten Free Ingredient Shopping Guide" to use when you go shopping and also look at the ingredients label of packaged foods. It's a lot of work reading the ingredients on everything I eat and keeping a food diary, but it's worth it because I feel so much better. Happy Eating!



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Career Corner

By Keisha Wright



Resume Writing Tips for Success

One of the first things any career consultant will tell you is that you must have a good resume to highlight your skills. Today's job seekers have a ton of formats and styles of resumes from which to choose. It can be very daunting to figure out how to start the resume writing process from a blank page, so here are a few tips to help you get started:

- Keep your resume short. Federal resumes may be longer, but a general rule of thumb to follow is to limit your resume to one or two pages in length. The professionals who will review your resume will have possibly hundreds of applications to review and they will only skim your resume to see if you have the skills they need. They are not going to dig through a five page resume to see if you are a good fit.
- Keep your resume focused. Edit your resume to fit **EVERY** job for which you apply. If you have a wide range of skills, only highlight those skills that relate to the specific position for which you are applying. A common mistake job seekers make is to send one resume out for all of the jobs they want to pursue. My advice is to read the position description or job advertisement and tailor your resume to address each of the skills the employer is seeking.
- Choose a resume format that best highlights your skills. This can be a difficult process to enter into on your own. Here is a list of free resources that can be helpful, but be aware that they might try to sell you something. With all of the free help available today, there is no need to purchase a resume from a service or a professional resume writer.

<http://www.jobstar.org/>

<http://www.resume-now.com/rna.aspx>

<http://www.everymanbusiness.com/>

<http://resumecompanion.com/>

<http://www.free-resume-tips.com/10tips.html>

Don't be afraid to ask for "free" help. Many military bases have career transition centers that will help you write a good resume. The library has free resources to help you write a good resume. A simple internet search will help you to create a basic resume that you can tailor and develop to fit your needs.

Operation PAVE provides **FREE** career and employment services for all active duty service members, veterans and their family members. If you want to learn more, please contact me at: keishaw@pva.org or 1-877-469-5300 x 10148.

All Patriots Run

By Jeremiah DeGuire

I attended the All Patriots Run on Saturday, September 29, 2012. It was hosted by the Combat Veterans Motorcycle Association (CVMA), held at the Arnold VFW. The weather was perfect, which led to a great turnout by both the CVMA and the Camp Hope Organization. I was excited to learn more about their organization and the potential for some of our members to interact with the Camp.

The LIVE auction did extremely well due to the generosity of the CVMA Members. They really enjoyed mingling with our members, and they enjoyed learning firsthand where their donations were going. Our members spent most of the evening sharing stories amongst one another and grooving to the fantastic band. A special thanks to the Arnold VFW, they have an amazing facility. Their kindness and hospitality was very much appreciated.



Trap Shoot 2013

In 2013 we will only have **one** trap shoot and that will be a "Shoot for the Gold," with only members competing for trophies. No date or location has been decided yet. At the last board meeting, October 9, 2012, the board made this decision, and I agree with the decision, after evaluating the last six months of trap shoots in 2012. Attendance at those trap shoots was minimal. Only two members made it to more than two of the six trap shoots we held. Each trap shoot costs us between \$400-\$600 in expenses which includes meals, shells and transportation. In addition, the range we use wants us, in the future, to provide an exact count of the number of shooters we will have in attendance so they can predict how many staff persons they will need. For most trap shoots in 2012, no one called ahead to say they would be attending, save one, and we never had any assurances the VA Home would or would not be bringing any of their residents to the trap shoot. These are some of the reasons for the new format for 2013. Depending on the interest and attendance at the 2013 trap shoot, we may re-evaluate and return to the old format in future years.

Stanley D. Brown, President Gateway PVA

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November




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 Veterans Day Parade See pg. 2
11	12 Veterans Day Office Closed	13 BOD Meeting 11:30 am 15 pts. non-BOD Mbr.	14	15 Member/Patient Luncheon at JB @ Noon 5 pts.	16	17
18	19	20	21	22  Happy Thanksgiving! Office Closed 22-23	23	24
25	26	27	28	29	30	



December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Newsletter Articles Due	8
9	10	11 BOD Meeting 4 pm 15 pts. non-BOD Mbr.	12	13	14	15
16	17	18	19	20 Mbr-Patient Luncheon/ Qtr. Mbr. Mtg. at JB @ Noon 5 pts./15 pts	21	22
23/30	24/31 Merry Christmas! Office Closed 12/24-1/1	25 	26	27 Office Closed	28	29

Happy Holidays!



Address Service Requested

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Paralyzed Veterans of America
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St. Louis, MO 63132



New Picnic Location Proves to be a Hit

By Susan Lyle

Wow, what a great day for a picnic! It started off a little chilly, but the sun popped out and warmed us up quickly. Everyone in attendance had a great time this year – you could tell from all of the smiling faces. The new locale seemed to go over very well. The lake was beautiful, the ducks and turkey were abundant, and our members enjoyed watching the children play (and the ladies jog). Oh, maybe THAT was the reason for all of the smiling faces. Ha!

A quick poll proved our suspicions were correct, the convenient location and the accessible restrooms made this park our new designated picnic grounds! We hope more members will join us next year and experience all that Des Peres Park has to offer. Bring a fishing pole or handcycle and have some fun!



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