

# GATEWAY GAZETTE

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

## The 32nd National Veterans Wheelchair Games 2012

**By Charley Wright**

The National Veterans Wheelchair Games is the largest annual wheelchair sports event in the world. More than 650 Veterans from across the United States, Puerto Rico and Great Britain competed in this year's Games held June 25-30, 2012, in Richmond, VA – coincidentally, also the site of the very first National Veterans Wheelchair Games held in 1981.



The Games, presented by the Department of Veterans Affairs and Paralyzed Veterans of America, were open to all U.S. military Veterans who use wheelchairs for sports competition due to their spinal cord injuries, neurological conditions, amputations or other mobility impairments. The 32nd Games were co-hosted by the Hunter Holmes McGuire VA Medical Center and the Virginia Mid-Atlantic Chapter of Paralyzed Veterans of America.

“The National Veterans Wheelchair Games are an outstanding event that showcases the abilities and determination of Veterans,” said Secretary of Veterans Affairs Eric K. Shinseki. “VA is committed to providing world class care to our wounded heroes.”

Our St. Louis Team went to Richmond to represent not only the St. Louis VA Medical Center, but also those athletes who were unable to attend this year's event due to personal challenges that required them to stay home.

This year our team was a bit smaller, with only nine members able to compete in the event. However, St. Louis came on strong and brought home 10 Gold, 7 Silver and 2 Bronze medals. Both Coaches, Charley Wright and Jody Paniagua, were very proud of the athletes who represented Team St. Louis so well this year. We are coming back stronger than ever for 2013; the games will be held July 13-18 in Tampa, Florida. We expect to have closer to 20 participants since some of our athletes who were unable to attend this year have vowed to be back. We will also be adding some new faces to the team who have the potential to medal in many events. For more information on how to attend next year's event, call Charley Wright at 314-652-4100, Ext. 64590 or Matt Luitjohan at 314-894-6602 at the Jefferson Barracks VAMC SCI Unit and we will give you the details on how to get to Tampa next July.

### Ongoing Veterans Sports Clinics Available

- Handcycling Clinic from 9:00 a.m.—1:00 p.m. every 2nd Thursday at local bike paths
- Air Rifle Clinic from 10:00 a.m.—12:00 p.m. every 4th Thursday at Bull's Eye Firing Range in St. Louis
- “World Wide Wheels” every 2nd Tuesday Learning Basic Computer and Navigating the Web (laptops & tablets)
- LifeWater Vets Scuba Clinic—times/dates set by Charley Wright (Rec Therapist/Adaptive Scuba Instructor) Pool session at JB VAMC and Local Open Water Sessions at Mermet Springs in Metropolis, IL (just outside of Paducah)

A photography clinic is also being considered. If you're interested in this or any of the above clinics and have questions, please contact Charley Wright at 314-652-4100, Ext. 64590.

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

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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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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  
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|                  |                               |
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| Allie Breese     | Telemarketing                 |
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| John Vasel       | Transportation                |
| Jaclyn Wetteroff | Admin. Assistant/Co-Editor    |

**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**

**Freedom River Walk**

Ribbon cutting and official opening of the south segment of the Great River Greenway at Jefferson Barracks near the visitor's center—begins at 9:00 a.m.  
Saturday, September 8, 2012

**Kuk Sool Won Martial Arts Demonstration**

Saturday, September 22, 2012  
10:00 a.m. at the St. Charles High School  
Gymnasium—Worth 20 Member Points!  
N. Kingshighway St. & Waverly St.  
St. Charles, MO 63301

**Annual Veterans Appreciation Day**

Saturday, September 22, 2012  
12:00 p.m.—6:00 p.m. at the High Ridge Elks Lodge  
Worth 10 Member Points!

**Annual Membership Picnic**

**\*New Location This Year\***

Friday, September 28, 2012  
10:00 a.m.—3:00 p.m.  
Des Peres Park (see page 6 for details)

**Combat Vets Motorcycle Assoc. “All Patriots Run”**

Saturday, September 29, 2012  
Arnold VFW Post 2593—10 a.m. registration  
2301 Church Rd., Arnold, MO 63010  
Worth 20 Member Points!

**Rescheduled KC Member Forum**

Friday, October 12, 2012  
Noon—Worth 5 Member Points!  
KCVAMC Rec. Hall

**National Veterans Creative Arts Festival**

October 8-14, 2012  
Boston, Massachusetts

**Star Touring & Riding’s “Star-B-Q” in Branson, MO**

Saturday, September 8, 2012 @ 4:00 p.m.  
Worth 20 Member Points!



**Gateway Chapter  
Paralyzed Veterans of  
America**

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



### *The Long Hot Summer*

This summer has been one for the records in St. Louis and most of the Midwest. In July there were 10 straight days where the thermometer exceeded 100°. New daily highs have been set on several occasions, both in June and July. I received phone calls both from the main VA hospital, John Cochran, and the spinal cord unit at Jefferson Barracks, to make sure I had air conditioning available and whether I had plans to go anywhere in case of a power failure. Those calls were appreciated. These extreme temperatures are so dangerous for those of us with spinal cord injuries and especially for our members with multiple sclerosis. One of the questions I was asked was “whether I had a backup plan.” My intelligent response was: “Well, kind of.” My first choice for a long summer or winter power outage would be to seek “respite care” as an inpatient at the spinal cord unit (which I did two winters ago). Second choice would be costly, but I made that choice four winters ago and that was checking into a motel. Third choice, which I have not had to go to, is moving in with a relative. I haven't really discussed that with any relative in particular; I'm also assuming they would take me. I'm telling this story mainly to encourage others to think about their alternative plans when they are unable to stay in their regular environment for a period of time.

### *Kansas City Clothing Donation Program Coming*

As part of our National PVA effort to diversify our fundraising programs, we are now targeting different parts of the country and partnering with thrift store programs. PVA's role in the partnership will be somewhat passive by authorizing use of its name as the intended donation recipient, allowing the PVA name and logo on the truck, answering calls concerning the program in the area, and securing permission from businesses to place a clothing drop box. We (PVA) will not operate the thrift stores or the trucks. Neither will we make the calls asking for donations. This business model has been profitable elsewhere; we would receive a set amount based upon the weight of donated items from the general public. By the end of the year we should be starting the program in the Kansas City area. At the October 12, 2012, Kansas City member forum at the Kansas City VAMC, we will be discussing the program as well as encouraging Kansas City area member participation, which will be rewarded with Gateway participation points that can be used for Wheelchair Games funding or submitted for gift cards. I would encourage Kansas City area members to attend the meeting at 12:00 PM, the second Friday of the month, October 12, in the recreation room of the Kansas City VA.

### *Don't Plan Your Future Based upon the Past, but...*

If you don't acknowledge your past mistakes you are bound to repeat them, and there is the adage: “We learn more from our failures than we do our successes.” Not planning for the future based upon the past was the subject of my mainline Protestant pastor's recent sermon. She was speculating on what needed to be done in the future because the church, like many other mainline churches and institutions, has seen its membership precipitously drop in the last several years. Staying awake during this sermon, I couldn't help but think of the future of PVA as a viable national organization and the survival of the Gateway Chapter. Both nationally and locally we are facing a depressed economy; we are both also now “competing” for recognition and funding dollars with what seems to be a new veteran's charity popping up every other day. In addition to the chapter cuts from our national organization, I just received news that our Missouri Department of Transportation grant, which helps to operate (gas, maintenance, salary) our free transportation program, has been cut in half. I believe our national organization and local Gateway Chapter must acknowledge how we operated in the past and seriously challenge those paradigms. Our focus, both nationally and locally, now needs to be on what our core mission is and what deliverables are reasonable given the future and its environment for charities. This paradigm shift hopefully will be present at our PVA Annual Convention in late August; I know it will be discussed at our September Gateway Chapter Board of Directors' meeting when we approve our fiscal year 2013 budget.

### *Free Rams Tickets for Two Games*

Gateway PVA is giving away tickets (one wheelchair and one able-body) to see the Rams' home opener. The tickets are for Sunday, September 16 against the Redskins at 3:05 p.m.. If you are interested in entering the drawing for the tickets, you must call or email the office by 5:00 p.m. on Monday, September 10.



## Government Relations Director's Report

By Jessica Dunsmore



### *News for KC and Vicinity*

#### **DOJ Enters Settlement Agreement with Kansas City, MO**

On July 25, 2012, the Department of Justice (DOJ) entered into a settlement agreement with the City of Kansas City, MO, concerning Title II of the Americans with Disabilities Act (ADA). The DOJ initiated a compliance review of KC in July 2010 as part of Project Civic Access. The primary goal of the program is to ensure greater access for individuals with disabilities to local government programs, services, activities, and facilities. During the fall of 2010, an on-site survey of Kansas City's buildings, programs and services was initiated, with full cooperation from city staff. Under the settlement agreement, the city must make several changes to improve access to individuals with disabilities, most of which will occur within three years (some may take up to six years, including modifications to public rights-of-way like sidewalks and pedestrian crossings). According to recent census data, approximately 21% of the city's 441,545 residents have a disability. To see a fact sheet (including the facilities/programs surveyed during this process), please visit <http://www.ada.gov> (click on the "What's New to ADA.gov" link, and look for "200th Project Civic Access Settlement Agreement" and Kansas City).

#### **IndeBus and IndeAccess Now Operating in Independence, MO**

IndeBus is the new local transit system in Independence which began service on July 2, 2012. IndeAccess is the complementary ADA paratransit service available to those who qualify. Riders who are unable because of disability to use the IndeBus fixed route service will have access to IndeAccess, which offers a curb-to-curb, shared ride service. IndeAccess is available throughout the City of Independence during the same operational hours as the fixed route service (Monday-Saturday). Applications for IndeAccess can be found and downloaded here: <http://www.ci.independence.mo.us/IndeBus/IndeAccess.aspx>

### *Legislative/News from D.C./Miscellaneous*

#### **Administration Modifies Position on 2013 VA Budget Cuts**

During a joint hearing of the House Committees on Veterans' Affairs and Armed Services in late July, VA Secretary Eric Shinseki acknowledged that portions of the Department of Veterans Affairs (VA) will be subject to sequestration cuts, specifically the "administrative costs." To complicate matters even more, Sec. Shinseki did not specify how the Administration interprets "administrative costs" after questioned by House VA Committee Chairman Jeff Miller. In late April, the Office of Management and Budget (OMB) had stated that all VA programs would be exempt from the 2013 sequestration cuts. Bi-partisan legislation in both the House and Senate (H.R. 3895 and S. 2128) would permanently exempt VA programs from any future sequestration, and we will continue to push for this legislation to be enacted.

#### **The Patient Protection and Affordable Care Act**

The constitutionality of the Patient Protection and Affordable Care Act (PPACA) was upheld by the Supreme Court in late June by a vote of 5-4 (but with limits to Medicaid expansion). For those enrolled in the VA health care system, additional coverage is not required (it may be purchased if desired, but health care received through the Veterans Health Administration satisfies the legislation's individual mandate, and coverage should not be affected).

#### **H.R. 1627-Honoring America's Veterans and Caring for Camp Lejeune Families Act of 2012**

Signed by President Obama on August 6, this omnibus veteran's bill addresses a wide range of issues. Some key provisions include: Extending VA health care to veterans/family members for certain illnesses caused by exposure to contaminated well water at Camp Lejeune, NC, streamlining the disability claims process, temporary expansions/changes to the Specially Adapted Housing and Temporary Residence Adaptation grants, eliminating co-payments for rural veterans who use telehealth services, more restrictions to military funeral protests, and expanded individualized rehabilitation and reintegration services to OEF/OIF/OND veterans diagnosed with traumatic brain injury (TBI).

#### **Assistance with Housing and/or Public Accommodation Violations**

If you have a complaint regarding housing discrimination or come across what you think is a public accommodation violation, we have a useful resource for you: The Metropolitan St. Louis Equal Housing Opportunity Council (EHOC). Again, any accessibility complaints you have can be directed to the Gateway PVA office, and we will be glad to assist or contact the proper agency for support.

(Continued on the next page...)

**Metropolitan St. Louis Equal Housing and Opportunity Council (EHOC)**

Eric Kohring (Fair Housing Accessibility Specialist)

1027 Vandeventer Avenue, Sixth Floor

St. Louis, MO 63110

(314) 534-5800 or (800) 555-3951

<http://www.ehocstl.org/>**Finally, if You've Recently Traveled by Air**

Our air travel survey for individuals with mobility disabilities is still online and active! Please take some time if you've flown within the last few months to fill out the questionnaire. You can do so here:

<https://www.surveymonkey.com/s/GPVAairtravelsurvey>. Again, your info is secure, and you can fill out the survey anonymously if you wish. The survey will be available until September 15, 2012.

**2013 National Disabled Veterans Winter Sports Clinic**

By Matt Luitjohan

Come join Team St. Louis and be a part of the 'Miracles on a Mountainside' at the 2013 National Disabled Veterans Winter Sports Clinic in Snowmass, Colorado, March 30 – April 6, 2013. If you haven't gone and would like more information, or went a few years ago and are interested in going again, please contact Matt Luitjohan for an application at 314-894-6602 or by e-mail at [matthew.luitjohan@va.gov](mailto:matthew.luitjohan@va.gov). You can also check it out at <http://www.va.gov/opa/speceven/wsc/docs/history.asp> or Google "National Disabled Veterans Winter Sports Clinic." If you went last year, an application should be mailed to your house in the next month or so. I am hopeful we will have a big team this year and will have an amazing experience learning to ski down the mountain. If you have any other questions or would like more information, please contact me. Applications will be due by the first week of November, so please make sure to schedule your physical in advance so the doctor has time to complete their portion of the form; also if you are over the age of 40, you must let the doctor know you will need an EKG.

***In memory of...***

|                  |                  |          |
|------------------|------------------|----------|
| Lawrence Hedden  | Kansas City, MO  | 07/04/12 |
| Robert Heet      | Belleville, IL   | 07/21/12 |
| Alan Johnson     | St. Joseph, MO   | 05/08/12 |
| Scott May        | West Liberty, KY | 06/12/12 |
| Robert Simpson   | Independence, MO | 07/31/12 |
| Harold Vaughn    | Greenville, MO   | 06/10/12 |
| Darrell Williams | Cedar Hill, MO   | 07/17/12 |



*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**

Alice Moore..... Warrensburg, MO

John Naple ..... Blue Springs, 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.*

## Upcoming Changes in VA's Prosthetics Process

By Senior National Service Officer, Tony Timmons



Many of you may have heard about upcoming changes in VA's prosthetic equipment ordering process, especially if you read the last edition of the *Gateway Gazette*. Some of the following information may be repetitive, but we have been tasked with making sure this new information is sufficiently disseminated.

These changes essentially entail shifting the authorization authority for high-dollar prosthetics equipment (customized wheelchairs, hospital beds, etc.) from local VA Medical Centers to centralized contracting teams located in other regions. How this will impact the timely delivery of such items to our members and other disabled veterans is our chief concern.

The PVA Veterans Benefits Department has been in close communication with senior VA leadership since news of this upcoming change became public. PVA's goal is to ensure the needs of disabled veterans remain a top priority as these new initiatives and processes take effect.

The Veteran Health Administration plans to implement the new process across the nation by mid August. *(Since the release of this information, we have been notified that some Veterans Integrated Service Networks [VISN] have delayed the implementation of these changes due to manpower shortages.)* We are asking all PVA members who have prosthetic orders placed after **July 15, 2012** to closely monitor the length of time it takes to receive those items and immediately report any orders that have not been received within 60 days or more after the order was placed. Members can report these delays to either their local PVA chapter or PVA national service office. (Contact information is located on page two.)

## Member Picnic at Des Peres Park – Friday, September 28, 2012

Hello Everyone! This year we're switching it up and holding our annual membership picnic at a new location. Please join us on Friday, September 28<sup>th</sup> at the Des Peres Park pavilion (across Manchester from West County Mall). As usual, there will be BBQ and games from 10 a.m. until 3 p.m. There are accessible restrooms near the pavilion, plus trails and a stocked lake. Our reserved pavilion is located next to the lake. If you have a Missouri fishing permit, you may want to bring along your fishing pole! This event is worth 5 member points.

**Directions** - Take Manchester Road (East of Hwy 270) to Ballas Road; go North on Ballas Road, past St. Paul's Lutheran Church; turn right into the park – the exact address for those of you with GPS is 12325 Manchester Road, Des Peres, MO 63131. There are a few different parking areas to choose; for closest access to the picnic, try to park near the ball fields and pavilion in lieu of the church and tennis courts.

**Facilities** - The park offers:

- Three Bike /Jogging Trails - One mile, half-mile, and quarter-mile tracks
- Lake / Fishing – Two acres (the lake is stocked with blue gill, bass and catfish)
- Nature Area
- Rest Rooms (accessible)





## Golden Age Games

By Becky Ballard



Who says you can't teach an old dog new tricks! This expression certainly doesn't apply to four PVA members who took part in the 2012 National Veterans Golden Age Games (NVGAG) held at the America's Center May 31-June 6. For instance, James Williams (shown at left), who felt his competition days were over, took up the challenge of having a new venue to compete in. In the past, he had been an active participant in the Wheelchair Games, but age had a way of slowing him down and keeping him from traveling as much as he had in the past. When it was announced that the NVGAG would be held in St. Louis, it didn't take much to convince him to get on board with the St. Louis contingent. He participated in events like dominos and bowling, and even brought home a medal in bowling. Of course, James can't resist a trap shoot, and in this event, he owned it—scoring 23 out of 25. Trap shooting was an exhibition event at this year's games, and our visiting athletes really enjoyed the venue and the sport.



Newcomer, James Smith (shown at right), became addicted to the competition and can't wait to shuffle off to Buffalo, New York, for next year's event. He participated in Horseshoes and Bowling. James is a recent injury and has never participated in a National event. He enjoyed the games and was encouraged to see that he was still able to compete, have fun and meet new friends despite having a physical disability.

We are all aware of LaRoy Smith's non-stop, bring-it-on attitude! He is a regular participant in the National Creative Arts Festival and the National Wheelchair Games and there was no way to keep him from participating in the NVGAG when it was being held in his own back yard! Bowling, Shot Put, Discus and Nineball were his chosen events; he was awarded a silver medal in bowling. LaRoy's accomplishments are also featured in the current issue of *Vigor Magazine*. I do believe he is on his way to winning not only medals in National Events, but also the GPVA "Joey Award!"



First timer, Lou Monken (pictured at right and below), came home with two medals. Gold Medalist in the Backstroke and also bringing home the Silver in Shuffleboard. Lou stated, "I didn't know what to expect since I have never competed in any of the National Games, but it was a great experience and I look forward to next year's Golden Age Games."

We were all very honored that St. Louis was chosen to host this year's event and our thanks goes out to the community for their support, the many volunteers (2,000), service organizations (PVA included), and corporations that helped to make the games a huge success. Many on the SCI staff chaired committees or subcommittees and volunteered over and beyond. It is amazing how the SCI team gives back to veterans in more ways than you can count. Our veterans couldn't have gotten to their events without transportation from John, our Gateway PVA driver. He got them to registration and events throughout the week. THANK YOU John.

So next time you start thinking you are too old, you hurt too much, or you can't do something, give yourself a chance and try it! Our three medal winners all came back to the VA donning medals around their necks, a big smile on their faces and stories to tell! The St. Louis Health Care System hosts locally: Golden Age Games in October, Wheelchair Games in May and Creative Arts Festival in February. We would encourage your participation in any or all of these events. For specific dates and times, please contact Charley Wright at 314-652-4100, Ext. 64590 or Matt Luitjohan at 314-894-6602.





## United Access is Proud to Support Gateway PVA!



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## Fundraising Turnout

By Terri Fuda



If we, as a group or organization, expect to raise money for our programs, then we need to ensure that a respectable number of members attend those fundraising events. As members, I believe by not attending we are sending a message to everyone that the money they are donating is not worthy of our presence or is somehow expected. No matter how difficult it is for you to get out of the house and no matter how great or small the amount received - each donation is important. In this economy money is tight and since the national office has 'cut off' substantial funds for the ED and GRD matching programs, plus some of our monthly stipend, we will find ourselves needing to fundraise even more in the coming months and years. I feel it is very important to stress the need for adequate attendance at each and every fundraising event. It matters!

There are several events that are coming up that we can take advantage of for participation points, plus show those who fundraise for us that we really appreciate their time and efforts. Let's make an extra effort to get out of our homes and ensure we always have an honorable turnout at events! Please make that extra effort now and attend the following important fundraisers:

- Sept. 18 – The 17<sup>th</sup> Annual Jack Buck/Gateway PVA Golf Tournament – held at The Landings at Spirit Golf Club in Chesterfield, MO (the Gateway Chapter's biggest annual fundraising event, which supports all of our member programs)
- Sept. 22 - Kuk Sool Won Martial Arts Demonstration at St. Charles High School at 10:00 a.m.
- Sept. 22 - Annual Veterans Appreciation Day – put on by the High Ridge Elks at their Elks Lodge in High Ridge, MO (they are a large supporter of the sports program at Jefferson Barracks, which funds Gateway members at events like the NVWG & WSC)
- Sept. 29 - Combat Veterans Motorcycle Association's 'All Patriots Run' – put on by the Missouri Chapter 4-4; held at the Arnold VFW (proceeds going to Camp Hope and GPVA) 10 a.m. registration

It would be great to see everyone represent the Gateway Chapter PVA and to show our support to those who have helped fundraise for us!



At Left:  
Members gather to thank the supporters of our annual golf tournament.



At Right:  
Our members attend a Kuk Sool Won Demonstration.



At Left:  
The Combat Vets Motorcycle Association visited our office to drop off a donation check.



At Right:  
Veterans Appreciation Day at the High Ridge Elks Lodge.



## Welcome Home 6th Annual Celebration



**Saturday, September 29, 2012**

**9:00 a.m. - 12:00 p.m. (Ceremony will be held at 10:30 a.m.)**

**St. Louis Zoo Event Tent (Between the Herpetarium and the Primate House)**

**One Government Drive, St. Louis, MO 63110**

The St. Louis VA / St. Louis Health Care System Welcomes Home:

Operation Enduring Freedom (OEF) Veterans

Operation Iraqi Freedom (OIF) Veterans

Operation New Dawn (OND) Veterans

And All Veterans who have served

Veterans and their families are invited to a day at the zoo. Free parking (one per family) and a Safari Pass (one per family member) will be available to all registrants and their immediate family. The day will start with information booths followed by a special program held at the Event Tent. OEF/OIF/OND and other combat Veterans will be honored with special medals. After the event you may enjoy the zoo!

To be eligible for free parking and the Safari Pass you must register by September 7, 2012.



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| <div style="display: flex; justify-content: space-around; align-items: center;">  <h1 style="text-align: center; margin: 0;"><u>September</u></h1>  </div> |   |   |  |   |  |   |
|--|---|---|--|---|--|---|
| Sunday   | Monday                                  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|  |   |   |  |   |  | <b>1</b><br><br><b>20 pts. (pg.2)</b>   |
| <b>2</b>   | <b>3</b><br>Labor Day-<br>Office Closed | <b>4</b>  | <b>5</b>   | <b>6</b>  | <b>7</b> Star Touring<br>Star-B-Q in<br>Branson, MO<br>(Branson Towers Hotel)<br>7th @ Noon/8th @ 4 pm | <b>8</b> Star-B-Q @<br>Branson Towers<br>Freedom River Walk<br>9 a.m. at JB near<br>Visitor's Center  |
| <b>9</b>   | <b>10</b>                               | <b>11</b><br>BOD Meeting<br><br><b>15 pts. non-BOD Mbr.</b>               | <b>12</b>  | <b>13</b><br><b>Election<br/>Ballots<br/>Due</b>  | <b>14</b>  | <b>15</b><br><br><b>9/22</b> Kuk Sool Won<br>Demo at St. Charles<br>High School at 10 a.m.  |
| <b>16</b>  | <b>17</b>                               | <b>18</b><br>17th Annual Golf<br>Tournament<br>10:30 am<br><b>20 pts.</b> | <b>19</b><br>CFC Rally<br>9:30 a.m.-1:30 p.m.<br>Scott AFB<br><b>20 pts.</b> | <b>20</b><br>Mbr-Patient Luncheon/<br>Qtrly Mbr. Mtg. at JB<br>@ Noon<br>(Election Results)<br><b>5 pts./15 pts</b> | <b>21</b><br>"Shoot for the Gold"<br>Trap Shoot @ Olin in<br>East Alton, IL<br>10 am - 2:30 pm         | <b>22</b>  <b>20 pts.</b><br>Vets Appreciation<br>Day at High Ridge<br>Elks @ Noon- <b>10 pts.</b> |
| <b>23/30</b>   | <b>24</b>                               | <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b> Mbr. Picnic<br><b>Des Peres Park</b><br>10 am-3 pm<br><b>5 pts.</b>                          | <b>29</b> Combat Vets<br>Patriots Run @<br>10 am at the Arnold<br>VFW <b>20 pts.</b>  |

| <div style="display: flex; justify-content: space-around; align-items: center;">  <h1 style="text-align: center; margin: 0;"><u>October</u></h1>  </div> |  |  |   |   |  |   |
|---|--|--|---|---|--|---|
| Sunday  | Monday                                     | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|   | <b>1</b>                                   | <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b><br><b>Newsletter<br/>Articles Due</b>                 | <b>6</b><br>Canoy Hackathon<br>Lake of the Ozarks<br><b>20 pts.</b> |
| <b>7</b><br>Creative Arts<br>Festival this week<br>in Boston, MA  | <b>8</b><br>Columbus Day-<br>Office Closed | <b>9</b><br>BOD Meeting<br>4 pm<br><b>15 pts. non-BOD Mbr.</b> | <b>10</b>   | <b>11</b>   | <b>12</b><br>KC Member Forum<br>KCVAMC @ Noon<br><b>5 pts.</b> | <b>13</b>   |
| <b>14</b>   | <b>15</b>                                  | <b>16</b>  | <b>17</b>   | <b>18</b><br>Member/Patient<br>Luncheon at JB<br>@ Noon <b>5 pts.</b> | <b>19</b>  | <b>20</b>   |
| <b>21</b>   | <b>22</b>                                  | <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b><br>JB Halloween<br>Party                             | <b>27</b>   |
| <b>28</b>   | <b>29</b>                                  | <b>30</b>  | <b>31</b> <b>Happy<br/>Halloween</b><br> |   |  |   |



MEMBERS-  
Don't forget to complete the enclosed  
election ballot for the 2012-2013  
Board of Directors!  
(Due by September 13)



Address Service Requested

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



**PLEASE NOTE-THE DATE  
HAS BEEN CHANGED!!!**

## The 17th Annual Jack Buck / Gateway Paralyzed Veterans of America Golf Tournament

Tuesday, September 18, 2012

The Landings at Spirit Golf Club  
180 N. Eatherton Rd.  
Chesterfield, MO 63005

Registration begins at 10:30 a.m.



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