

Welcome to the Gateway to Victory

On behalf of the 24th National Veterans Wheelchair Games Local Organizing Committee, Welcome to St. Louis! We're excited to have you here! This is truly an exciting occasion as this is the first time the Games have been held here, the Gateway to the West. We are very proud to give back to an event that has provided such a life-changing experience for so many of our St. Louis veteran athletes over its past 23 years.

I'd like to thank the city of St. Louis as well and the entire St. Louis metro community for their overwhelming support of this event. This week has been made possible by our host organizations, the St. Louis Department of Veterans Affairs (VA) Medical Center and the Paralyzed Veterans of America (PVA) Gateway Chapter. Countless VA and PVA staff, veteran, government and community organizations, and the St. Louis business community have generously donated time and money to make the 2004 Games happen. This year's Local Organizing Committee came together in grass-roots fashion, and included hands-on leadership from Gateway PVA Chapter staff as well as our host sponsors.

The staff and management of the St. Louis VA Medical Center were instrumental as they served on planning committees or pitched in to cover the workload of their coworkers taking on Games responsibilities. We've also been fortunate to receive significant staff support for this week from our sister facilities in the VA Heartland Network.



Since 2004 is the 100th anniversary of the 1904 World's Fair and Olympics and the 200th anniversary of the Lewis and Clark expedition, it is a very exciting year to visit St. Louis. While you are here, we hope you will take advantage of our many wonderful (and free) family, historical and cultural attractions.

This year's theme is Gateway to Victory. We hope that the victories and triumphs of the 2004 Games won't end this week, but will mark the beginning of more triumphs and achievements in the everyday lives of all of our athletes.

Welcome to St. Louis, and may the 24th National Veterans Wheelchair Games be your own Gateway to Victory!

Bruce Nolan, *Chairman,*
24th National Veterans Wheelchair
Games Local Organizing Committee

Opening Ceremonies are Tonight!

Come one, come all to this evening's gala Opening Ceremonies of the 24th National Veterans Wheelchair Games, taking place in the Edward Jones Dome of St. Louis' America's Center – home of the St. Louis Rams! Athletes and coaches should arrive around 5 pm to begin staging for the Procession of Athletes. Staging will be in an air-conditioned area with plenty of space for mingling, so make sure to get there early with your teammates and coaches. (We've been told that several local

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Opening Ceremonies cont.

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baseball celebrities will also be on hand to welcome everyone to the Games!) Competitors will be grouped by state in the hallway leading into the stadium. Look for your state (or Puerto Rico or Great Britain) signs while staging for the procession. The Procession of Athletes begins promptly at 6:30 pm, when all athletes and coaches will proceed toward the stage at the 50-yard line.

This year, both boy and girl scouts will help with the ceremony, leading the athletes and carrying state placards and flags. Many activities are planned for this evening, so get ready for a night of fun and festivities. Local media personality Wendy Wiese will emcee the ceremony. Legendary Baseball Hall of Famer Brooks Robinson will deliver inspirational remarks and we will be entertained by St. Louis' own Stan "The Man" Musial. First time Wheelchair Games participant (and long time National Veterans Creative Arts Festival performer) Rick Stang, from Minnesota, will sing the National Anthem.

Immediately following the ceremony, a welcome reception takes place in the Dome. The reception includes a sit-down dinner, entertainment by the Air Force Band and even a photo corner. Athletes will receive two tickets for this special event in their registration packets. (You may want to eat something before you come, as the food won't be served until after the ceremony.)

Hometown News Assists You in Sharing Your Story

For many years at the National Veterans Wheelchair Games, the public affairs team has operated a "Hometown News" program to let your local newspapers know about your participation in this event. Now on the Games web site, this effort generates an individual news release on any veteran who requests one, and makes it available to his or her local media. For anyone who asked for a news release, we hope to have them posted on the web site by the end of the week (see www.wheelchairgames.org, under "Athlete Information.") We will also be taking digital photos of as many veterans as we can who requested a news release, and plan to have the best photo of those veterans on the web site by Saturday. We also hope to provide one 4x6" print of that photo to each veteran, along with a copy of their personal news release.

The web site makes your news releases more readily available to local media in your area, who we will also be calling during the week. Because the hometown news photos are now digital, we cannot provide duplicate prints from film like we have in the past. If you brought a camera, ask your friends (or Games volunteers) to take some action photos of you competing. If you forgot, there are stores in the area that sell inexpensive disposable cameras.

If we need more information from you to complete your news release, you must provide that to us by noon tomorrow in the Games Media Center (Room 120). When you get home, don't forget to check out the Games web site so you can see your news release and photo. Please help us spread the word to the newspapers and other media back home about this great story – all about you!

An Array of Activities Kick Off the Games

If you've finished registration by 11 am, come to the fourth annual Wheelchair Games Kick-off, being held today at Kiener Plaza, just a few blocks from the America's Center. St. Louis Cardinals broadcaster Mike Shannon will emcee this fun event, which will also feature a barbershop quartet singing the national anthem, a welcome from St. Louis Mayor Francis Slay, and an introduction to the Games and wheelchair basketball from National Director Tom Brown and PVA's Director of Sports and Recreation, Andy Krieger. Our seasoned athletes will demonstrate

their skills at basketball, and later several local media personalities will also try their hand at shooting hoops from a wheelchair!

Directions to Kiener Plaza: From the America's Center, turn left as you exit the building onto Washington Avenue and continue for two blocks. Then, turn right (south) on Broadway, and go four blocks to Chestnut. Kiener Plaza is on the corner of Washington and Chestnut. (Be careful, it's a busy street!) Don't be late – the Kick-off should be over by 11:45 am. Hope to see you there!

Medical Emergencies and Assistance

Convention Center:

A medical suite will be fully operational in the America's Center, Rooms 116-117, from 1 pm Tuesday, June 14 until the Closing Ceremonies conclude on Saturday, June 19. The room will be open for treatment of minor injuries and illnesses from 7 am until each event is over, at approximately 10 pm.

Hotel:

Medical support at the Renaissance Grand will be located in room 1531, and will be open June 15-20, from 7 am to 10 pm. There will be no "house calls" to participants' rooms. A Games physician and registered nurse will be on call each night (for participants only) at the hotel and can be reached by calling the hotel operator. In the event of a life-threatening emergency, ask the hotel operator to call 911.

Events:

Medical staff will also be present at each Games venue. They can easily be identified by their red shirts with the white cross on the back.



Questions concerning wheelchair repair or durable medical equipment are not addressed by

personnel in the medical suites. Please check with staff working in those areas. Medical personnel can care for minor injuries only. Severe injuries or illnesses will be referred to the St. Louis VA Medical Center.

Don't Miss the Adaptive Martial Arts Exhibition Today

Two wheelchair athletes will demonstrate adaptive martial arts during registration today at 1 pm. The exhibition will be lead by Army veteran and fourth degree black belt in Tae Kwon Do, Bill Auvenshine, who was paralyzed in an automobile accident in 1995. Joining him in the demonstration is Lisa Bard, an Air Force veteran and second degree black belt, who is competing this week in her third National Veterans Wheelchair Games.

During the exhibition, Auvenshine will explain and demonstrate four categories of Tae Kwon Do: sparring, forms, breaking and self-defense. Demonstrating techniques from beginning to advance in these categories, he will describe times when being seated can actually be

advantageous in case of an attack. Auvenshine will also display some beginning self-defense maneuvers. As part of this first-time exhibition, Lisa Bard will perform an exciting routine choreographed to music, where she will attempt to break 15 boards by using her martial arts skills.

For the past seven years, Bill Auvenshine has owned and operated his own martial arts studio in Springfield, Ill., where he teaches students with physical disabilities free of charge. Even though a person may have physical limitations, Auvenshine firmly believes this should cause no restraint to someone's spirit. Come see and take part in this exciting exhibition during registration today.

Metro Bus Schedule for Athletic Events on Wednesday

Wednesday June 16

<i>Time</i>	<i>Departure Site</i>	<i>Ramps</i>	<i>Venue/Destination</i>
6:00 - 9:00 AM	Washington Street Side	1 & 2	North Oaks Bowl - Classes IV and V
6:00 - 9:00 AM	7th Street Side	3 & 4	St. Clair Lanes - Classes II and III
11:00AM-4:00PM	Washington Street Side	1 & 2	Shaw Aquatic Center
4:30 - 7:30 PM	Washington Street Side	1 & 2	North Oaks Bowl - Ramp Bowling
4:30 - 7:30 PM	7th Street Side	3 & 4	St. Clair Lanes - 1A,B,C stick/handleball

Schedule of Events

Today (Tuesday, June 15)

9:00 am – 4:00 pm	Games Registration & Expo	America's Center
9:00 am – 12:00 pm	Weightlifting Weigh-In	America's Center
11:00 am – 11:30 am	Games Kick-Off	Kiener Plaza
1:00 pm	Adaptive Martial Arts Exhibition	America's Center
2:00 pm – 3:00 pm	Coaches' Meeting	America's Center
5:00 pm	Staging for Opening Ceremonies	Edward Jones Dome, (hallway by entrance)
6:30 pm – 7:30 pm	Opening Ceremonies	Edward Jones Dome
7:30 pm – 9:30 pm	Welcome Reception	Edward Jones Dome

Tomorrow: (Wednesday, June 16)

7:30 – 8:30 am	Late Registration	America's Center (data mgmt. room 255)
8:00 am	Bowling	IV-V North Oaks Bowl
	Bowling	II-III St. Clair Lanes
	9-Ball	IA, IB America's Center
10:00 am	Table Tennis	IC America's Center
	Air Guns	America's Center
	Table Tennis	IA, IB America's Center
1:00 pm	9-Ball	IC America's Center
	Air Guns	America's Center
	Swimming	Shaw Aquatic Center
3:00 pm	Slalom	motorized (hand control) America's Center
	Weightlifting	America's Center
	Air Guns	America's Center
6:30 pm	Slalom	motorized (head/mouth) America's Center
	Bowling (stick/handleball)	IA, IB, IC St. Clair Lanes
	Bowling (ramp)	North Oaks Bowl
7:00 pm	Basketball	Games 1, 2, 3 America's Center
	Quad Rugby	Game 1 America's Center
	Air Guns	America's Center
8:00 pm	Basketball	Games 4, 5, 6 America's Center
	Quad Rugby	Game 2 America's Center



The Veterans History Project is at the Games!

The Department of Veterans Affairs and the Library of Congress invite all participants to be part of an important national project – The Veterans History Project (VHP). This historic project is meant to honor our nation’s veterans by creating a lasting legacy of their military experience. Regardless of branch or period of service, age, military career or experience, all veterans are invited to share it with our VHP program staff this week at the Games, and make history!

As part of this project, a 45-minute interview of participating veterans will be videotaped and given to the Library of Congress, and will then become part of our Nation’s official historical records. Each participant will also be mailed a videotaped copy of their interview after the Games.

Interviews begin this afternoon, and will continue through Friday, June 18. Please sign up at the VHP booth at Games Registration, or at the VHP interview room at America’s Center, Room 113. Only you can tell your story, and it’s a story worth preserving and sharing with future generations. All veterans are encouraged to be a part of this important project. For more information, visit the Veterans History Project web site:
<http://www.loc.gov/folklife/vets/>



The St. Louis Gateway Arch - The Gateway to the West



Not far from the America’s Center is the famous St. Louis Gateway Arch. Opened to the public in 1967, the Arch was built to commemorate the westward expansion of the United States in the 19th century. At a height of 630 feet, the Arch is the tallest man-made monument in the country. It is 75 feet taller than the Washington Monument (555 feet) and over twice the size of the Statue of Liberty (305 feet)!

A typical visit to the Arch includes a tram ride to the top (for ambulatory visitors). All visitors can stop by the Gateway Arch Visitor Center and Tucker Theater, which shows an award winning documentary “Monument to the Dream.” This 28-minute film chronicles the meaning of the Arch and the challenges that were faced during its construction.

The Gateway Arch is open daily during the summer from 8 am to 10

pm. The film is shown at the top of every hour from 9 am to 8 pm. Ticket prices for an adult are \$8 for the tram ride and \$7 for the movie separately, or \$12 to visit both.



St. Louis Fun Facts:

Did you know? St. Louis offers more free, major visitor attractions than any place outside of Washington, D.C. Sites include the St. Louis Art Museum, St. Louis Zoo, Cahokia Mounds, Museum of Westward Expansion, Grant’s Farm, St. Louis Science Center, Anheuser-Busch Brewery and more.

Wheelchair Repair and Durable Medical Equipment Information

Durable Medical Equipment (DME) rooms will be available at the Renaissance Grand Hotel, as will Wheelchair Repair. Should your wheelchair require repairs, go to the Landmark Ballroom, Suite 2, at the hotel. Their phone number is (314) 418-5300. If the repair is an emergency or occurs after hours, you should contact Beverly Franklin, who can be reached by the hotel operator, or on her cell phone at (314) 226-7935. She will contact Wheelchair Repair for you, so they can provide the necessary assistance.

Athletes, this is a reminder to bring your VA identification card in order to receive durable medical equipment. There is a \$10 per equipment refundable deposit when you check out the equipment from the DME room at the hotel, located in the Landmark Ballroom, Suite 3. Their phone number is (314) 418-5349. When picking up the equipment, please inform the DME specialists if you will need to have it dropped off at your room. Also, let them know if you will be returning the equipment yourself, or if you will



need to have it picked up from your room after the Games.

If your pick-up or delivery situation should change, please contact the Hotel Team Leader Beverly Franklin at (314) 418-5349 or cell phone (314) 226-7935. If no DME was requested for you, your name will be placed on

a waiting list and it will be issued on a first come, first served basis once all athletes who requested equipment have picked theirs up. Exchanges for equipment can be made, but this will also be first come, first served.

You will be given your DME loan form at the time you pick up your equipment. Please bring this with you when you return the equipment and/or have it attached to the DME upon pick up. If the DME is not returned, a bill of sale will be created and mailed to your Team Coach. Your deposit will be returned immediately if you return the equipment yourself. It will be mailed to you after the Games if you choose to have it picked up from your room after your departure.

We hope to provide athletes with the equipment needed to best enjoy the 2004 Games!

Wheelchair Repair Hours of Operation

June 15 - 19
7 am – 7 pm

DME Hours of Operation

June 15
8 am – 4:30 pm
June 16-18

available by contacting Beverly Franklin at (314) 226-7935

June 19 & 20
8 am – 4:30 pm

Where and When Do We Eat?



Athletes' meals will be served in Hall 3 of American's Center during the following times:

Breakfast 6 am - 8:30 am

Lunch 11 am - 1:30 pm

Dinner 4 - 6:30 p.m.
(except Thursday)

Participants' meals will be provided at the America's Center but not at the venue sites (except for lunch on Friday) so please plan your time accordingly to be at Hall 3 during these times. Due to the warm St. Louis weather and for your food safety, we cannot provide meals "to-go."

Two special meals are planned for the week, Thursday evening's block party and Friday's lunch barbeque at the track and field venue (East St. Louis High School).

Thursday's dinner will be at the Bud World Block Party. This fun event includes entertainment and prizes as well as food, soda and beer. If friends, family members or volunteers wish to attend, Block Party armbands can be purchased for \$15 during the Expo.

Shuttle buses will be available to take the athletes to the track and field venue on Friday. Each family member or visitor must have a meal ticket for the week if they wish to

attend the barbeque. Lunch will not be provided at the America's Center that day.

If you want a friend or family member to eat or sit with you during meal times, they must purchase a meal ticket at the Games Expo. This covers their meals from Wednesday breakfast until Saturday lunch. You may purchase weekly meal tickets for family and friends for \$170 (for adults) and \$140 (for children under 12). Only individuals with meal tickets will be allowed in the dining hall. Tickets for individual meals will not be sold except for the Bud World Block Party.

Etch Your Name on the Veterans Path of Honor

You can leave a lasting reminder of your time in St. Louis and the fun you had at the 24th National Veterans Wheelchair Games by purchasing a brick for the Veterans Path of Honor. This commemorative memorial pathway will surround the flagpole of Building 1 on the historic campus of the St. Louis VA Medical Center at Jefferson Barracks. The purpose of the path is to honor veterans for their service and sacrifice for our freedom.

Individuals can purchase a standard sized brick (4x8") with a \$35 donation. A larger brick (8x8") is

Hospitality: How May We Help You?

Stop by the Games hospitality desk for any information you'd like about St. Louis and the attractions around the area. You'll find a St. Louis Events Guide that lists numerous activities during the week of the Games, for all ages and areas of interest. A street guide, prepared by St. Louis University Occupational and Physical Therapy students, will also help you get around the downtown area smoothly and find the things you need. Visitors can also purchase tickets for the Closing Ceremony and buy bricks for the St. Louis Path of Honor at the hospitality booth. (See Path of Honor description in this edition.)

All week during the Games, a hospitality table will be located in the plaza lobby of America's Center. The hospitality staff and volunteers are looking forward to seeing you, and wish you a great week!

available to companies and organizations for \$125. Every brick will be laser-etched with the veteran's name, military branch or war/military era and dates of service.

All proceeds go toward the cost of the Games. You can pick up a form to purchase a brick for the Veterans Path of Honor at the hospitality desk at America's Center. Every veteran purchasing a brick will also be invited to participate in the dedication ceremony scheduled for later this summer.

Events Happening in St. Louis This Week

Lewis and Clark: The National

Bicentennial Exhibition

Location: The History Museum in Forest Park
Time Daily, 10am – 6pm – open until 8pm Tuesdays
Cost: \$12 adults; \$10 seniors; \$6 children (6-18); under 5 free
This national exhibition follows the Lewis and Clark expedition through the American west and displays hundreds of rare and priceless artifacts and documents that have not been together since the explorers returned to St. Louis in 1806. The core of this once-in-a-lifetime exhibition will be formed by artifacts, artwork and documents entrusted to the Missouri Historical Society by the Clark and Lewis families in the early 20th century. Period objects and art will represent the equipment the explorers used, the landscapes they saw, and the Native American tribes they met. More than 600 artifacts will illustrate cultural encounters along the journey of Lewis and Clark.

For more information call:
(314) 454-3150

www.lewisandclarkexhibit.org

The 1904 World's Fair: Looking Back at Looking Forward

Location: Missouri History Museum in Forest Park
Time: Daily 10 am-6pm; Tuesdays until 8 pm; summer hours: Monday-Thursday 10am-8pm and Friday-Sunday 10am-6pm

Cost: free
In celebration of the centennial of the 1904 World's Fair – the Louisiana Purchase Exposition – the Missouri Historical Society presents an exhibition that embodies the sights, sounds and splendor of the fair with artifacts, photographs, early motion pictures, music and much more.

For more information call:
(314) 746-4599

www.mohistory.org

1904 World's Fair Memorabilia Display

Location: the St. Louis Science Center in Forest Park
Cost: Free
A fun mini-exhibit of items from the 1904 World's Fair held in Forest Park.

For more information call:
(314) 289-4453 or
(800) 456-7572 x 4453

www.spsc.org

Lewis and Clark: Imagining the Expedition from St. Louis

Location: Gateway Arch Riverfront (Museum of Westward Expansion)
Cost: Free

Examine the Corps of Discovery's eventful, but generally unknown, five-month preparation period at St. Louis and Camp River Dubois prior to their departure up the Missouri River in May 1804. The exhibit will present five main themes, including diplomacy with the Indians, scientific work and examples of the weapons, equipment and belongings of a Lewis and Clark explorer. This exhibit is co-

sponsored by the National Park Service, the US Fish and Wildlife Service and the US Geological Survey.

For more information call:
(314) 655-1701

www.gatewayarch.com

Lewis and Clark: Great Journey West Film

Location: Gateway Arch
Cost: \$7 adult; \$4 Youth; \$2.50 children
Tickets can be purchased online Step into the giant screen Arch Odyssey Theatre and watch history come to life in a big way. National Geographic and a team of courageous filmmakers have recreated the epic story of adventure and survival of a small band of explorers called the Corps of Discovery who left St. Louis on an incredible, 8,000-mile odyssey through dangerous, uncharted territory that opened the door to the great American West.

For more information call:
(314) 982-1410

www.stlouisarch.com

St. Louis Cardinals Baseball Game

June 15 – 7:10 pm vs. Oakland
June 16 – 7:10 pm vs. Oakland
June 17 – 7:10 pm vs. Oakland
June 18 – 7:10 pm vs. Cincinnati
June 19 – 6:15 pm vs. Cincinnati
Location: Busch Stadium
Cost: \$9 - \$43

Tickets information:
(314) 421-2400

www.stlouis.cardinals.mlb.com

What Our Athletes Say...

"The Games are not only challenging, but are a great way to see old friends and meet new ones," said Braun, whose wife Jerry is also competing in the Games. "This is my eighth year participating in the Games and I really enjoy seeing the novices compete and try something new."

William Braun (Marine Corps), Augusta, GA

"I really enjoy the freedom of being able to participate in the athletic events that the National Veterans Wheelchair Games provide."

Alex Bolan (Army), Memphis, TN

"I have really enjoyed competing in the Wheelchair Games in the past," said Beckett. "I have been looking forward to seeing old friends and making new ones this year."

Richard Beckett (Navy), Dayton, OH

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