

The John Lyon Gazette

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March 2019



Veterans of Foreign Wars
John Lyon Post #3150
2116 North 19th Street
Arlington VA 22201
703-525-0108
<http://www.vfw3150.org>



The John Lyon Gazette: Winner of 1999, 2003, 2004, 2007, 2009, 2010, 2011, 2016 and 2018 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of National Awards for 2010, 2011

The VFW National Home for Children offers a once in a lifetime opportunity for honorably discharged veterans, active duty military, or descendants of a VFW/Auxiliary member. After being accepted into their program, families can accomplish significant life goals by receiving the following support:

- ⊙ Case management services to help set up family plans and goals.
- ⊙ Educational, recreational, and enrichment opportunities.
- ⊙ Community resources and counseling.
- ⊙ Free housing and daycare.

If you meet a veteran family in need, please encourage them to call the Military & Veteran Family Helpline at **800-313-4200** or visit <https://www.vfwnationalhome.org>. The friendly staff at the National Home for Children will help determine if this program is right for them and their family.

You can help connect families in your community to this ONCE in a lifetime opportunity!

The VFW National Home is located on a campus at Eaton Rapids, Michigan. Learn more at <https://www.vfwnationalhome.org>



From the Commander:

Greetings Comrades,

I hope you are experiencing a happy, healthy, and enjoyable 2019!

The post has enjoyed some entertaining events in recent weeks, including our Super Bowl Watch Party, Julian and the Tutubi Band, and our monthly Open Mic Night. Julian and the Tutubi Band will be back on March 29th. Stay tuned to our website calendar, Facebook page, or Twitter for other events. Come on out and enjoy the entertainment and camaraderie!

During our February general meeting, we installed Andrew Bockus, as the 2-year House Committee Member. Michael Ross volunteered to chair our Hospital Committee. And, Mike Beatty stepped up and volunteered to chair the Safety and Security Committee. Gentlemen, Thank you for volunteering to help the Post operations run smoothly. We still need volunteers to help with our website and fill-out the House Committee.

As we move further into spring, we will soon hold elections to determine who will determine the future direction of the Post during the 2019-2020 year. Nominations will open during our March general meeting on March 18th and will be accepted for the following elected positions:

- Post Commander
- Post Senior Vice Commander
- Post Junior Vice Commander
- Post Chaplain
- Post Quartermaster
- Post 3-Year Trustee
- Post 2-Year House Committee Member
- Post 3-Year House Committee Member

Elections will be held at our April general meeting on April 15th. At the completion of elections, the Commander Elect will begin making appointments for the remaining officer positions. If you are interested in any elected or appointed officer positions, or have any questions about any of them, please email johnlyon3150@gmail.com.

If you want to see the Post succeed, then step forward and help us make it happen. As always, we are open to new ideas, so feel free to contact the Post via email at [**johnlyon3150@gmail.com**](mailto:johnlyon3150@gmail.com) or stop by while it is open and tell the bartender on duty.

Help us make 2019 a great year. I hope to see you all around the Post.

Thank you,^[1]_[SEP]

Eric Ganser

Post Commander

John Lyon VFW Post 3150

From the President of the Auxiliary:

Congratulations to our Voice of Democracy, Patriot Pen, and Law Enforcement of the Year winners. The Young Creative Patriotic Scholarship (due by March 31st) is open to students in grades 9-12. There have been some changes to this program to include increases in the top prize amounts and being able to submit art in 3-D. The rules and application for this scholarship can be found at vfwauxiliary.org/scholarships.

The Auxiliary will elect new officers at our April meeting. All positions are open. The President presides over the meeting. The Senior and Junior Vice Presidents assist the President and preside over the meeting if the President is absent. The Treasurer is responsible for all monies and membership. The Secretary is appointed and keeps the minutes of the meeting. The 3 trustees audit the books and approve receipts turned in for approved Auxiliary expenses. The Chaplain provides the opening and closing non-denominational prayers and is on the hospital committee. The Conductor/Conductress assists the President and sets up the room for the meeting. The Guard checks dues cards and will admit only those entitled to remain. The Patriotic Instructor is appointed and shall instruct in the proper use of and salute to the Flag.

Annual membership dues are now being accepted. If you did not renew before December 31, 2018 you are not be a member in good standing and are not be eligible for the \$550 Cancer grants. You must be a member for 1 year for this valuable membership perk. You can pay our treasurer, Jodie LaFreniere-Dajc, at the post address by \$25 check or go to the National Auxiliary website and pay by credit card. If you have not received your card within two months let Jodie or myself know. You can email me at cg12dc12@outlook.com. Also, if you have a neighbor or friend who is eligible, the application is on the National website or send me an email with their contact information.

As always check on the sick and elderly. Happy Anniversary and Birthday to those celebrating in March.

Cathy Graham
President VFW Auxiliary 3150



VFW Auxiliary 3150's 84th Birthday

Members of the VFW Auxiliary gather to cut the cake marking its 84th Birthday: (l to r) President Cathy Graham, Dennis Gerrity, and Wauleah Ellison. Illnesses and potentially bad February weather diminished the turnout. Formerly the Ladies Auxiliary, the charter was modified four years ago to include male members, many from the former Men's Auxiliary. Auxiliary Membership is open to men and women whose parent, grandparent, child, grandchild, spouse, or sibling is a VFW member or qualifies or qualified for VFW membership. Certain stepsiblings may also qualify for Auxiliary membership. The Post 3150 Ladies Auxiliary was chartered 19 February 1935, about three months after the Post was chartered.

Welcome to Our New Members

Welcome to new Post members Thomas A Kelly (trans), Naomi Mercer (Iraq) (Life trans), Patrick Murphy (USAF – Afghanistan/Korea Service)(Life trans), and new annual members Michel Adams (Army – Iraq), Asleigh R Burke (Army – Afghanistan), Kyle Kalman (Army – Iraq), Kevin Ministry (Navy – Iraq) (Life), and Hashim Williams (Navy – GWOT), all who were elected at the February meeting, some still contingent on supplying necessary paperwork..

Marching Off... ..

Michael S Carroll, about 69. Reported by National. Unable to confirm He lived in Wesley Chapel, FL and was a Marine who saw duty in Vietnam as an OV-10 crew chief. He joined the Post in 2007 and was, for a number of years, a frequent visitor to the Post during Memorail or Veterans Days. He lived in Florida.

John Valloric, 83, in Charlottesville, on 20 January 2019. He was a Navy veteran of the Korean War. He was a Life member and was a Post 3150 member since 2000.

Open Mic Night

Open Mic Night is 6:30 – 9 pm the first Friday of every month. This month on 2 March, then on 5 April.

Yoga: First Saturday 11 am

Yoga Legions' Pints and Poses continues on Saturday on 2 March at 11 am, as yogies seem to prefer Saturdays to Thursdays. No experience necessary. Attendees range from the 20/30 year olds to those in the 70s. If you can't complete a movement or a pose, you do what you can, and stop. As the leader says: "No judgment!" Yoga mats are available at the Post. Wear comfortable clothing.

Awards Day, 2 March at 2 pm

Law Enforcement Honorees

Two Law Enforcement Officers will be honored during the Awards Day Ceremonies at 2pm on Saturday, 2 March:

From Arlington County Department Sergeant Thomas Rakowski, #1049

From Arlington County Sheriff's Office Sgt Jose Quiroz,

Student Essay Contest Winners

Winners of the VFW's high school and middle school student essay contests (Voice of Democracy and Patriot's Pen) will honored at Awards Day on Saturday, 2 March at 2pm.

The high school Voice of Democracy winners are

1st place: Drew A Sullivan (Yorktown H.S.)

2nd place: Elizabeth A. West

3rd place: Caitlin M. Thompson

HM: Khanh U. Le (that's "Le")

HM: Matthew D.H. Rossmo)

Except as noted, from Bishop O'Connell H.S.

The middle school Patriots Pen winners are:

1st place: Mary S Clymer

2nd place: Sofia M Parfomak

3rd place: Josefina M Mollo

HM: Emilia R Larson

HM: Marie A Schoshinski

All from St Ann School

Bockus New House Committee Member

Andrew Bockus was elected new Two Year House Committee member. He was elected at the February Post meeting. He is also one of our new bartenders. Congratulations, Andy! There remains a Three Year vacancy on the House Committee.

Moved? New Email?

Please notify us when you move or change your email! Send an email with your new address or email to johnlyon3150@gmail.com.

Tutubi Band Returns, 29 Mar

Come and dance to some Classic Rock and Classic Country as performed by Julian and the Tutubi Band. Friday, March 29, 7 pm - 11 pm. Sandwiches, Snacks and Drinks will be available. If you were stationed in East Asia, you likely remember how good Filipino bands were. This is another one!

Schedule Updates

For the frequently updated openings, hours, end events, go to www.vfw3150.org and click on Calendar.

Event updates can also be found on our Facebook page. "Like" us at "John Lyon VFW Post 3150".



High Schoolers: Art Contest

VFW Auxiliary's Young American Creative Patriotic Art Contest: grades 9, 10, 11 or 12. Deadline is March 31, 2019. See <http://www.vfwauxiliary.org>, then Scholarships, then Young American Creative Patriotic Art Brochure. To see winners since 1979, follow above link.

Additional info on above, email at johnlyon3150@gmail.com

Tenth District Meeting

The Tenth District Meeting will be held on **Saturday** 23 March, at Dale City Post 1503, 14631 Minnieville Road, Dale City, phone 703-670-4124. Meeting will begin at 1 pm, with lunch at 11:30 am. All VFW and Auxiliary members are invited to attend this meeting. District awards will be presented to VoD, Patriots Pen (including Post 3150's 1st Place Mary Clymer), and Teacher of the Year winners.

Legislative Conference

This year's 2019 Legislative Conference will be held in Washington, D.C., March 3-7, 2019. The VFW's annual Legislative Conference has provided an opportunity for VFW leaders from each state to personally lobby their respective lawmakers and watch as the VFW's current Commander-in-Chief testifies on Capitol Hill before the House and Senate Veterans' Affairs Committees on behalf of veterans. Also, at the event, the winners of the Voice of Democracy and Patriot's Pen scholarship contests are announced. Each national winner reads their winning essay before conference delegates and are presented with their winnings. Look for **#VFWDC2019** on [Facebook](#), [Twitter](#) and [Instagram](#). Check back to watch the Parade of Winners live-stream starting at 6:00 p.m. EST on March 4. (excerpted from VFW release)

Are You Expired?

Many VFW and Auxiliary memberships are set to expire in the next weeks. Check your membership card for your expiration date and renew if necessary.

Moved?

Post members, if you are not receiving the VFW magazine, please go to www.vfw.org and update your address or send an email with your new address to at johnlyon3150@gmail.com Also notify us if your email changes.

Tax Scams

It's income tax time again and the scammers are trying to get the rest of our money. The government does NOT do business via the phone or email. Do NOT respond to phone or email requests for your bank account, social security number and other similar info.

Facebook / Instagram

Join us on Facebook to get the latest Post info:

John Lyon VFW Post 3150

We are on Instagram! Follow us @vfwpost3150

New Officers to be Selected

Post officers for the Year 2019-2020 will be nominated during the March meeting and elected in April. All members are urged to consider one of the positions. Contact the Commander or one of the other current officers for more information on the positions. All positions are open to be filled. The elected positions and some of their areas of prime interest are commander, senior vice commander (membership), junior vice commander (activities), quartermaster (accounting), chaplain, three-year trustee (oversight), and three-year house committee member (post home). Additionally, there are appointed positions such as adjutant (admin), advocate (legal/parliamentarian), surgeon (welfare and hospital), officer of the day, guard, historian, and publicity chairman to be filled. For more info, email *to johnlyon3150@gmail.com*

The VFW Auxiliary will both nominate and elect new officers during their April meetings. Contact the President or one of the other officers for further information

Info on Veterans' Mortgage Loans

Rob Naden, a Loan Officer from George Mason Mortgage with over 20 years' experience, will be hosting a Mortgage Night at the Post this Spring, likely mid-April.

Rob will provide information on Veterans' mortgage loan programs, including first time home-buyer programs specifically for Veterans. Recently VHDA (Virginia Housing Development Authority) made available to Veterans a 2% closing cost assistance when doing a VHDA loan. When combined with a Mortgage Credit Certificate, this could make Veterans eligible for a tax credit of up to 20% of the mortgage interest each year. This is a new benefit for 2018 and 2019.

Rob will be available to answer any questions on your existing mortgage rate or the affordability of new home ownership. If you would like to contact Rob before Mortgage Night, you can contact him at *RNADEN@GMMLLC.COM* or 703-589-1034.

Convention Time! Looking ahead to conventions...

District convention

The Tenth District Convention is scheduled for 5 May at VFW Dale City Post 1503. Meeting at 1 pm with lunch starting at 11:30 am. Both VFW and Auxiliary will meet and elect new officers .

State Convention

The Department of Virginia's state convention will be held 13 – 16 June 2019 at the Renaissance Portsmouth -Norfolk Waterfront Hotel, 425 Water Street, Portsmouth VA, telephone 757-673-3000. Room Rate: \$127.00. Group name "Veterans of Foreign Wars Department of Virginia Annual Convention". Reserve room by 13 May 2019 to insure group rates.

National Convention

The National Convention will be held 20 – 24 July 2019, in Orlando, FL. The assigned hotel for Virginia is Rosen Center. Special Room rates are available until mid-June. For info or to reserve, go to <https://www.vfw.org/news-and-publications/events/vfw-national-convention>



**Longer Days,
March Winds.
Watch out for
children playing
outdoors.**

Military Art Now Available

MilitaryConnection.com is pleased to announce the launch of **Veteran Art Connection**, a joint partnership with Visions for Vets that features an online gallery of art produced by America's military heroes. The artwork, created by Veterans as a method of therapeutic release, will be featured and available for purchase in an online gallery.

Visions for Vets, based in St. Louis, Missouri, is a program designed by a Veteran, for Veterans. It utilizes art therapy techniques as a treatment for PTSD, lifelong disabilities, and other issues that might be a result of military service. For years, Visions for Vets has been a safe outlet for self-expression and a critical step in the healing process. Through this partnership with *MilitaryConnection.com*, Veterans are able to turn the results of their therapy into an entrepreneurial opportunity

Art therapy has been proven to be an effective therapeutic method in the relief and reduction of tension and anxiety. For our Service men and women, it also provides the opportunity for self-expression, healing, and achievement of self-awareness. Many of these Veterans have been on disability and unable to work since leaving active duty. Veteran Art Connection supplies these men and women with a unique opportunity to heal their invisible wounds through the power of art while establishing a possible revenue stream for their future.

MilitaryConnection.com is the "Go-To" site or the one-stop shop for Veterans, active military, and their families. The site features a real-time job board with new employment opportunities for candidates across the country and suggestions regarding education and how to leverage the GI Bill benefits. (Military.com release)

Bartender Training

Bartender training is scheduled for Thursday, March 21st, from 7 p.m. - 7:45. This is open to member or Auxiliary member interested in volunteering, or any current bartenders who would like a refresher.

From the John Lyon Past...60 Years ago...

The following was excerpted from the Northern Virginia Sun article "10th District VFW Sets Annual Convention Date", p. 22, 27 March 1959

"...The Sunday session commended the safety work of George E Plunkitt, of Arrington and Post 3150, as Virginia VFW safety chairman and vice-chairman of the national committee. A resolution was authorized calling on the national VFW organization to make the Tenth District safety group a major VFW working unit rather than a minor agency subcommittee and to make safety effort a major national project of the VFW.

"District Commander Howard D. Denton, who presided, authorized Chairman Plunkett to direct the drafting of a resolution to the national through the state agency.



George E Plunkitt, 1964
National Safety Committee

Donations to the Post

Help us continue our long tradition of service with your donations today! Send check to the Post home or go to <https://www.gofundme.com/vfw3150/donate>

John Lyon Veterans of Foreign Wars Post is a Congressionally Chartered and Federally Recognized 501 (c) 19 Veterans Charitable Organization.

Inquiries can be sent to johnlyon3150@gmail.com

Recent Events around the Post



Open Mic Night

<<< Musicians perform at the February “Open Mic Night” held at the Post. Open Mic Night is held the first Friday of each month (6:30 – 9 pm) and gives Post and local musicians an opportunity to perform in front of an audience and they are worth a listen.

Comedy Night Fundraiser

Stand-up comics gather for a photo >>> during the evening when they entertained the audience at the Stand-up Comedy Night at the Post in late January. The event was co-hosted by Post member Ryan Alvis. The benefit for the Semper-Fi Fund raised about \$2500 in ticket sales and silent auction for the charity.



Julian and the Tutubi Band

<<< Julian and the Tutubi Band played oldies and country for music lovers at the Post recently. It is not often a seven-piece band plays at the Post! They will return on Friday 29 March. They play for tips so come out and support them!



VFW 3150

March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Normal Post Hours Friday 6 – 10 pm Saturday 6 – 10 pm Sunday 1 – 6 pm				1 Deadline Scout of the Year 9-pm Open Mic Night, 6:30 – 9 pm	2 Poses & Pints: Yoga, 11am Post Awards Ceremonies 2 pm
3 Natl Leg Conf, Wash DC	4 Natl Leg Conf, Wash DC	5 Natl Leg Conf, Wash DC	6 Natl Leg Conf, Wash DC	7 Natl Leg Conf, Wash DC	8	9
10 Daylight Savings Time Begins 2 am	11 House Committee / Post O Call 7 pm	12	13 GRIST mtg, 7 pm	14	15	16
17	18 Post Meeting 7:30 pm nominations	18 Auxiliary Meeting 7:30 pm	20	21 Bartender Training, 7 7:45 p	22	23
24	25	26	27	28	29 Julian and the Tutubi Band, 7 – 10 pm	30
31						

1 March: Deadline Scout of the Year Nominations

31 March: Youth Patriotic Art deadline



JOHN LYON POST # 3150
"All American Post"
Veterans of Foreign Wars
2116 North 19th Street
Arlington, Virginia 22201-3514

Dated Material Please Do Not Delay
March 2019



Happy St Patrick's Day
17 March