

The John Lyon Gazette

Volume 7, Number 12

June 2001



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 Clair B. Poff Public Relations Award for Outstanding Newsletter, and runner-up (Honorable Mention) for 2000
Ladies Auxiliary Award: Best Newsletter in Virginia, 1999, Best Newsletter in the Nation, 1999

John Lyon Second in State in Community Activities First in Americanism

Joy Van Horn Elected District President

At the Tenth District Convention held on Sunday, 20 May at Dale City Post 1503, Department Junior Vice Commander Lawrence F. Mattera announced that John Lyon Post 3150 came in first or second in four major statewide competitions. Post 3150 was selected first in Community Activities in posts sized 350 - 500 and second overall in the state. This is a jump of two positions as the Post ranked fourth overall last year. The Post was also named #1 in Americanism projects. And the *John Lyon Gazette* was named the #2 newsletter in the state. The awards for these competitions will be presented at the Department Convention in Richmond in June.

The District Convention also saw the election or appointment and installation of new officers to lead the district in the next year. #3150's Joy Van Horn was elected Ladies Auxiliary Tenth District President. Others among the eight John Lyon Post and Ladies Auxiliary members either elected or appointed were: Cathy Kerns, District Junior Vice

President; Jeanne Gibadlo, Secretary; Gail Hoffman, Two Year Trustee; and Cathy Graham, Assistant Conductress, all for the Ladies Auxiliary. Complete VFW District results can be found inside.



Joy Van Horn takes the oath of office from Ines Kerch during installation ceremonies at the Tenth District Convention. Behind her is Cheryl Schrand, new Senior Vice President, from Ladies Auxiliary 7916 at Woodbridge.

FROM THE POST COMMANDER

I pondered for a long time as to how I would “wrap things up” with this, my last newsletter to the members and friends of our John Lyon family. With the imminent end of this VFW year, it occurred to me that a simple “thank you” and a pledge of continued support from me to our new incoming corps of officers would be enough but I would be deluding myself if I were to let it go at that. How does a simple “thank you” adequately acknowledge the friendships, the camaraderie, the support, the teamwork, and the difference we all made by working together to reach out to our veterans, their families, and the community?

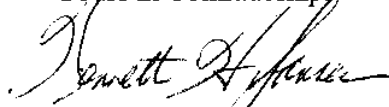
It has been an honor and a privilege to serve these past two years as your Commander and I will be forever grateful for having had the good fortune to share this experience with you. Together we worked to develop agendas and goals that would make a difference, and with your unwavering support, I believe we have stayed true to the fine traditions of John Lyon and achieved new levels of excellence to carry us forward. It is my hope that the many projects that we undertook, our ever constant membership drive, the new programs we initiated, the various VFW sponsored programs that we revitalized here at John Lyon, and the physical improvements we made to our Post home brought us closer together as a “family.” These, along with our involvement with youth programs, and the renewed initiative to reach out and be a truly active participant in community affairs are all indicative of the things that I am grateful to have been a part of, and which all warrant more than a mere “thanks for the memories.”

I would like to express a special “thank you” to the corps of officers and comrades of the Post who gave up many hours of their time to help make things happen; no one can do it alone and the willingness of these individuals made a difference for all of us.

A warm and sincere thanks must also go to our Ladies Auxiliary and to Auxiliary President Jeannie Gibadlo. As Commander I could not have asked for a finer group of Ladies to support the goals and best interests of John Lyon Post #3150. Their dedication and hard work during the past two years was unwavering and was the epitome of a partnership that really worked for the betterment of our Post.

Now, as I finally “wrap things up,” it is not with a simple thank you but rather a sincere sense of appreciation for all that I have shared with each of you as the Commander of VFW John Lyon Post #3150. I have tried to do my best and hope I have not disappointed you. There is still much yet ahead to accomplish here at John Lyon for our veterans, their families, and our community, and I would ask that you join me in pledging your continued support as the newly elected corps of officers for both the Post and the Ladies Auxiliary assume their leadership rolls as the new VFW year commences. Continued cooperation and teamwork will guarantee a legacy that we can all be proud of. We can make it happen!

Yours in Comradeship,



Kenneth H. Jansen

FROM THE AUXILIARY PRESIDENT

As this VFW Year comes to a close, and as I prepare to turn over the reigns of our Auxiliary's leadership to President-Elect Cathy Kerns, it is only natural to take a moment to reflect on all of the activities and events that our Auxiliary has participated in during the past year. Who would have believed that this year could pass by so quickly? All of the programs and events, along with many more projects we worked on throughout the year, kept Auxiliary #3150 busier than I can ever remember from any previous years! It was a lot of fun, but it was also a lot of time, hard work, and dedication on the part of many. I would be remiss if I did not take this opportunity to thank all of you for the dedication, support and participation that was given. It was, indeed, an extraordinary year. We undertook many new and different things and accomplished so much! For those of you who were not in the area, or who could not be with us on a regular basis, please know that simply sending in your membership renewal early was a very real indication that you wanted your Auxiliary to do the best it could, and that single action, on your part, was the kind of support those of us here "on the scene" needed to keep us going when things seemed too hectic to handle. We were all in this together and we all should take a moment to congratulate ourselves on a job well done. Again, **thank you to each and every one of you for a wonderful and successful year.**

May was a busy month. Cathy Kerns and Jodie LaFreniere-Dajc, representing our Ladies Auxiliary, joined with members of the Post in forming a marching unit that participated in Arlington County's annual Neighborhood Day Parade on May 12th.

On May 19th we joined with the Post in the Installation of Officers for the upcoming 2001-2002 VFW year. Following the traditional Installation ceremonies, members and guests had a chance to sit back and relax while enjoying a wonderful buffet that was prepared exclusively by our Auxiliary's newest member, Ms. Barbara Gibson. Barbara did a beautiful job and we are indeed lucky to have her among our ranks. **Thank you, Barbara,** for your time and effort in making the day special for all of us!

The Ladies kept up the pace all through the month of May, attending the 10th District annual convention that was held on May 20th in Dale City. Once again, our Auxiliary has the extraordinary honor of having **five** of our members serving as District Officers for the 2001-2002 year. Special congratulations are in order for Joy Van Horn, who was elected and installed as Madam President of the 10th District for the 2001-2002. Cathy Kerns will be serving as Junior Vice President; Gail Hoffman will continue her duties in the 10th District as Two Year Trustee; Cathy Graham will assume the responsibilities of Assistant Conductress, and I will once again serve as 10th District Secretary. This is a great honor for Auxiliary #3150, and truly demonstrates the commitment we all make for the cause of our veterans and servicemen. Our involvement in the District is important and I know I speak for Joy, Cathy Kerns, Gail, and Cathy Graham when I say we will all do our best to represent each of you in a way that will make you proud.

Memorial Day Weekend was memorable indeed. The ceremonies were beautiful and very well attended, and brought into focus the very reason we exist. It is good to pause now and again to realize why we are here. We must not ever forget what brought us together in the first place. The Post and Auxiliary again hosted visiting veterans and their families and friends for the weekend. It was delightful to see our visitors enjoying the music, the camaraderie, and the refreshments that were provided throughout the weekend. Those of us who were fortunate enough to be able to be here got to meet a lot of new friends, renew old friendships with those we had not seen for awhile, and share in the

opportunity to pay tribute to all of our comrades and sisters who sacrificed so that we could enjoy the privileges that come with freedom!

This month several of us are planning on attending the annual Department Convention that will be held in Richmond, Virginia, from June 21st through June 24th. Once again I have the privilege of representing our Auxiliary as I receive our Banner for this year. I have said this often through the course of the year but it is worth repeating again: It is really **your** Banner. We all did this together, and you can take pride in your efforts. **Because most of the Officers will be in Richmond on the 21st, our Auxiliary will be having their regular June meeting on Tuesday, June 19th, at 7:30pm.** Please try to come if you can.

Remember that June 14th is Flag Day. Please be sure to honor "Old Glory." Fly our Flag with pride! June 14th is also the 226th anniversary of the U.S. Army. Happy Birthday to all of our Army comrades and sisters. And Happy Birthday to all of our June birthday celebrants as well! A special salute goes out to all the Fathers on Father's Day on June 17th. Our prayers and thoughts go to those of you who are not feeling well or who have lost a loved one, most especially to our Post Adjutant, J. Gary Wagner, and Auxiliary Sisters, Jan Wagner and Kim Canatsey, who's mother, Anne (also one of our Auxiliary Sisters) passed away on May 1st; and to Auxiliary Sisters Martha Tingler, Marcie Dawson, and Mary Simmons who also lost a member of their family, Auxiliary Sister Virginia Hughes who passed away on May 20th.

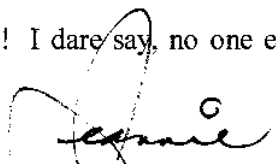
Ladies, this is my last newsletter to you as your Auxiliary President. As I look back and reflect on all of the activities, the projects that we undertook, the patriotic events we participated in, and the efforts and hard work we all put forth to meet our banner requirements, and provide support and assistance to our veterans and our community in the past two years, I want to let each of you know what an honor and a privilege it was to serve as your President. Your support and participation in our programs made it clear to me that **the Ladies of John Lyon Post #3150 are the best.**

To the Officers and members of the Post, a most sincere "**thank you.**" It has been an honor to serve with **THE FINEST VFW POST IN THE STATE OF VIRGINIA.** Without your support, the Ladies Auxiliary would not have had the success we did.

To Commander-Elect Connie Agresti and President-Elect Cathy Kerns, I wish both of you all of the best for a successful year in 2001-2002.

To Commander Ken Jansen, I doubt if there was any other Auxiliary President in this organization that was as fortunate as I have been to serve with such an outstanding and supportive Commander as you have been these past two years. Your loyalty, integrity, and dedication to this organization earned not only my admiration but also my respect. For the honor and privilege of serving with you in reaching out to our veterans, their families, our youth and our community, I will be forever grateful. Thank you, Ken.

To Mom and Dad, thanks to you too! I dare say, no one else understood quite like you what it was really all about!



Jeanne M. Gibadlo
Auxiliary President

From the Senior Vice Commander:

Having already commended you all for helping John Lyon achieve 100% membership again this past year, I was wondering what to write this month, when National dumped my topic squarely in my lap (no, "what lap?" jokes, please).

A proposed change to the National By-Laws that will be voted on at this year's National Convention entails an astronomical increase in Life Membership Dues (average increase of 76%) that makes the gasoline price increases of the past few months lag a distant second.

Below are the current rates, proposed new rates, and the percentage increase:

Age	Current(\$)	Proposed (\$)	% Increase
Under 31	245	380	55
31 - 40	235	370	57
41 - 50	215	350	63
51 - 60	195	325	67
61 - 70	165	285	73
71 - 80	125	240	92
81 and above	85	190	124

I don't know about you but I haven't seen a 76% increase in services from the National VFW and am willing to bet that this increase does not include a return to the metal Life Membership Cards. Bare in mind, these are only ***proposed*** rates. The resolution can be defeated at the Convention. But, it is a sign of things to come, therefore forewarned is forearmed. If adopted, the proposed changes would not become effective until January 1, 2002 so to protect yourself, if you are not currently a Life Member, you should seriously consider becoming one at the current rates when you receive your renewal notice in the mail during the next month.

Remember Flag Day is June 14th .

M. C. "Connie" Agresti

Sr. Vice Commander

(h) 703-516-9784

(w) 202-433-6442

e-mail: vfw3150svc@aol.com (Note: when I assume the position of Commander, my e-mail will change to vfw3150cdr@aol.com)



Former Royal Marine and Founder of Friends of the Laurel, Ian Davidson receives a check from Commander Ken Jansen. Post 3150 donated to Davidson's efforts to raise funds to place the names of 639 soldiers and sailors on a memorial for "Operation Tiger". These U.S. servicemen died off the coast of France during a practice invasion in preparation for D-Day. They had trained at Slapton Sands, where the memorial is being built. For further information, check their webpage at www.friendsofthelaurel.co.uk.

Happy Father's Day

Happy Father's Day to all of our Fathers and husbands! Wherever you are, you are close to our hearts.

Father's Day Cookout

The Father's Day Cookout scheduled for 17 June at Post 3150 will feature steak, baked potato, salad. Cost is expected to be about \$5.00

Marching Off...

Sisters Ann Wagner, on 1 May, and Virginia Hughes, on 20 May, of the 3150 Ladies Auxiliary. Ann Wagner was the mother of Post Adjutant J.Gary Wagner and Sisters Jan Wagner and Kim Canatsey. Virginia Hughes was the sister of 3150 member Martha Tingler and sister-in-law of Jim Tingler, and aunt of Marcie Dawson. Also the mother of Chris Dlugokenski passed on during the month.

Post Chaplain Elected

VFW member Mary Krebs was elected Post Chaplain at the May meeting. Mary was a recent transfer from the state of Georgia and is now working for the Office of Personnel Management in the District.

Army Birthday

The Army Birthday will be commemorated with a cake cutting on Thursday, 14 June at 6:30 pm. In previous years, John Lyon members from all services gathered for the first of the service birthdays and continued this tradition throughout the year.

Bunco Briefing Scheduled

NABI, the National Association of Bunco Investigators, will present a briefing and film on scams, especially those focused on the elderly at 7:15 pm on Thursday 14 June. The regular Post meeting will begin at 8pm.

District Elections

The following were elected to VFW positions at the Tenth District Convention on 20 May: Commander: Jimmy Lee Wallace (1503), Senior Vice Commander: David G. Jacobson (7327), Junior Vice Commander: W.J. Leonard (7327), Quartermaster: Lee Willoughby (1503), Judge Advocate: James Martin (1503), Surgeon: J.David Keith (7916), Chaplain: J.P. Barham (7327), and Three Year Trustee: C.D. "Doc" Crouch (3150). Service Officer Connie Agresti (3150), Adjutant J.Gary Wagner (3150), and Inspector Barney Marquart (8241) were re-appointed to their positions.

Last Newsletter?

If you failed to renew your membership dues for the year 2000-2001, you are about to be dropped from the mailing list for the newsletter. To stay on the list, send your dues for 2001-2002 NOW. To the Post Quartermaster or Ladies Auxiliary Treasurer at the address on the front page.



New officers for the upcoming year include, left to right, front, Quartermaster Joe Weeks; Commander M.C. "Connie" Agresti; Ladies Auxiliary President, Cathy Kerns; Treasurer, Cathy Graham; center row, Junior Vice Commander, Carl Colon, Adjutant, J.Gary Wagner;, Three Year Trustee, Ken Jansen; Senior Vice President, Jeanne Gibadlo; Guard, Juanita Diggs; Three Year Trustee, Elsie Weeks; One Year Trustee, Joy Van Horn; Historian, J.C. Hotter; rear, C.D> "Doc" Crouch; Two Year Trustee, Jim Kerr; Secretary, Gail Hoffman; and Two year Trustee, Jodie LaFreniere-Dajc.

Memorial Day Grave Decorations

In spite of the rain --- and although it complicated things --- members of John Lyon laid wreaths on graves at three local cemeteries during Memorial Day weekend. The ceremonies at National Memorial Cemetery were completed by 4 pm on Friday, 4 pm on Saturday at Arlington National Cemetery, and 5 pm at Columbia Gardens. An additional grave at Arlington was completed by 11 am Sunday. If we missed a grave of a John Lyon member or family member call the Post and let us know to update our records for next year.

John Lyon Hello ...

To Rich Hoffman who volunteered to deliver Post materials to the State Headquarters in time for judging on 17 May. Rich also showed up at several events with his digital camera to capture the event in photos used in this newsletter. And to all members who pitched in and helped during the very full Memorial Day weekend.

I Know What You Did Last Summer...

And Spring, and Fall, and Winter!

And you deserve to be proud of yourself. Keep up the good work.

As we did last year, the following was compiled from the pages of the Community Activities Book sent to state headquarters for judging. It shows what YOU, the John Lyon member, did all last year.

You ...

(Community Involvement and the Environment:) Marched in the Arlington County Parade in May. Donated \$500 to the National Association of Bunco Investigators for their efforts against fraud schemes aimed at senior citizens, and \$700 to the Marine Corps Marathon Training Center. Honored two Arlington County Police officers, one for Meritorious Service and another for Life-Saving. Picked up litter along Lee Highway in October and April in the Adopt-a-Highway program. Collected and recycled 1500 pounds of aluminum cans. And collected about 2600 pounds of cardboard and 500 gallons of cooking oil to be recycled. Planted new plants and shrubs and cut the lawn. Continuously improved the Post web page. Supported the Post Golf Tournament in August with your organizational skills, or by sponsoring holes, donating prizes, or just playing. Donated \$500 to the Air Force Memorial, \$400 to the Arlington County Police Honor Guard for flags and equipment,. and \$1000 to the Arlington Ladies, a dedicated group of women who ensure that no person at Arlington Cemetery is buried alone.

(Cooperation with Other Organizations:) You provided nine members to the Tenth District staff, including the first District Commander from John Lyon Post in about 25 years. Also served as the Department (state) POW / MIA Coordinator or the Department Diversity Committee Chairman, the Department Ladies Auxiliary Banner Bearer, Department Ways and Means Chairman, or served on three Department committees. And attended various Department and District meetings and conventions. You welcomed the National Commander-in-Chief and the National President to the Post Home. Hosted folks from Operation Arlington Ridge and twice hosted the "AOL Vets" group who made Post 3150 their reunion home. You assisted American Legion's "40 and 8" organization with their special picnic and took notice of ANZAC Day. And you donated \$500 to the Lion's Camp Merrick.

(Aid to Others:) You donated \$4269 to Cancer Research. Visited veterans in the VA Hospital Nursing Home and donated \$1000 to the VA Hospital to help replace their Bingo machine. Distributed Buddy Poppies and collected nearly \$1600 in donations, built a Buddy Poppy Balloon display --- and another of smaller decorative items --- both of which earned first place in Department competitions. And you made 120 Christmas trees from 4800 Buddy Poppies and presented them to residents at the VA Hospital Nursing Home, along with a coffee mug filled with dietetic candies and fresh fruit for each at Christmas. Distributed 12 food baskets to young enlisted families at Fort Myer for both their Thanksgiving and Christmas breakfasts and dinners, and hosted those same families with their 29 children at the children's Christmas Party where Santa and Mrs Claus distributed many presents. Donated toys and cash worth \$1600 to Toys for Tots, and \$250 to the VFW National Home. Collected 400 Campbells, Swanson's, Mrs. Paul's, Pepperidge Farm, and other grocery labels to benefit the VFW National Home. You donated \$2000 to the Autism Society of America, \$1000 to the March of Dimes, and \$1000 to the Komen Run for the Cure.

(School and Church:) You became members of Arlington County's Partners in Education, donated 24 classroom flags and one large school flag to Arlington Science Focus Elementary School and participated in their new school dedication ceremonies. Also donated Pledge of Allegiance cards, Americanism pamphlets, and Presidential rulers to their students and teachers. Donated \$1000 to Key Elementary School to help create a decorative "ceramic wall", and \$1500 to Bishop O'Connell High School assist in their upgrading the school sound system and you provided a lectern for the auditorium. You hosted St Charles Church for one of their fund raising meetings, and answered letters of students at Wakefield High School about wartime experiences.

Tired? There's more...

(Safety:) You donated 600 “Lite-a-Tike” safety stickers to students at Key Elementary School. Supported Arlington County DARE program with \$1200 and judged DARE essays and provided prizes to winners in a ceremony at the Post. Promoted “Back-to-School” and “School’s Out” awareness. Provided Key Science Focus Lightning Soccer teams with \$2500 for various safety and training equipment and hosted teachers, coaches, and parents for an organizational meeting.

(Americanism:) You noted Loyalty Day and participated in ceremonies at the “John Lyon” Memorial in Cherrydale on Memorial Day and Veterans Day. And joined with the American Legion Posts in ceremonies at the Clarendon War Memorial on both holidays. Decorated about 200 graves of members and their families at Arlington National and other local cemeteries on Memorial Day. Dedicated a permanent memorial in the Post home to veterans of D-Day. Decorated the Post Home with flags for Flag Day. Observed the U.S. Army birthday. Celebrated Independence Day. Observed the U.S. Coast Guard birthday. Honored Purple Heart recipients and Gold Star Mothers. Observed Labor Day and the birthday of the U.S. Air Force (and honored the Army Air Corps, and Army Air Force). Distributed “Remember POW/MIA Day” stickers and conducted POW/MIA ceremony. Honored Korean War Veterans. Observed the U.S. Navy birthday and the U.S. Marine Corps birthday. Organized the trip and attended the 64th Patriotic Assembly in New York City to mark the birthday of the Statue of Liberty and invited others from the Department of Virginia, including the Department President, to participate. Rang the bell at the Arlington Constitutional Garden to celebrate freedom and spoke at the John J. Pershing Memorial on Veterans Day. You wore John Lyon tee-shirts and caps around Arlington for a day to show who we were. Observed the John Lyon Post 3150 birthday and the Post 3150 Ladies Auxiliary birthday. Set up and used the Voting Information table in the Post home. You helped to “Get Out the Vote”. And you Voted! And you donated \$1000 to the Friends of the Laurel to ensure 639 U.S. servicemen are remembered on a memorial for D-Day preparations in “Operation Tiger”.

(Youth and VOD): You listened to nearly 50 high school Voice of Democracy entries and selected Post winners. Read junior high school entries in the Youth Essay Contest and selected a winner who won third place in the Tenth District. Hosted winners of both contests and their families at an awards ceremony and reception. Honored two AF Junior ROTC cadets with appropriate medals and certificates. Donated \$850 to sponsor a Washington-Lee High School girl to attend the prestigious Presidential Classroom program in Washington D.C. Donated \$500 to Boy Scout Camp William B. Snyder. And donated flags to be retired to a local Cub Scout Pack.

And, otherwise kept the Post and Auxiliary moving along (not included in the Activities Book): Hosted our Early Bird members to dinner, and served Thanksgiving dinner. Cooked and served breakfast for members and neighbors at our Community Breakfasts on the second and fourth Sundays. And other food on other occasions. Washed lots of dishes. And pots and pans. Folded, stapled, and labeled about 580 newsletters every month. Mailed out membership cards and letters. Paid bills; typed correspondence. Swept the floors, swabbed the counters, cleaned up the restrooms, changed light bulbs, watered the lawn, repaired broken things, and --- endless other little necessary chores to keep John Lyon going. Thanks.

Ready to start again?



Campbell's Labels for Education Program

HERE'S WHAT TO SAVE:

Dear VFW National Home Supporters:

The VFW National Home is accepting Campbell's soup labels as part of Campbell's 'Labels for Education' program. In addition to the soup labels, the National Home can accept other proofs of purchase (i.e. UPC symbols, lids, cash register tapes) from the other Campbell's products listed below. Remember, we must have the front label only from most soups. Your help in sending the labels to the National Home will enable us to order materials necessary for programming needs in the education and recreation departments. Thank you in advance for your help with this project and in getting the correct information out to the people of your state.

PRODUCTS (IN ALPHABETICAL ORDER)	PACKAGE	WHAT TO SAVE
Campbell's® Beans Products	can	front label panel
Campbell's® Chunky™ Soups	can	front label panel
Campbell's® Condensed Soups	can	front label panel
Campbell's® Double Noodle Dry Soup	pouch	back panel with UPC symbol
Campbell's® Healthy Request® Soups	can	front label panel
Campbell's® Home Cookin'™ Soups	can	front label panel
Campbell's® Instant Cups	cup	back panel with UPC symbol
Campbell's® Low Sodium Soups	can	front label panel
Campbell's® Microwave Soups	tub	lid
Campbell's® Quality Soup & Recipe Mixes	carton	bottom panel with UPC symbol
Campbell's® Ramen Noodle Soups	block	front label panel
Campbell's® Ramen Noodle Soups	cup	back panel with UPC symbol
Campbell's® Simmer Chef™ Cooking Sauces	can	front label panel
Campbell's® Spaghetti Sauces	can	front label panel
Campbell's® Tomato Juice	can	front label panel
Campbell's® Tomato Juice	aluminum can	cash register tape with product name
Chef's Kettle® (Food Service)	can	front label panel
Early California® Olives	can	front label panel
Franco-American® Pasta & Gravy Products	can	front label panel
Franco-American® Spaghetti® Pasta	can	front label panel
Marie's® Dressings, Dips & Glazes	jar or bottle	lid or neck band with UPC
Mrs. Paul's® Frozen Seafood and Specialty Vegetables	carton	UPC symbol
Open Pit® BBQ Sauce	bottle	logo area of label
Pepperidge Farm® Products	various	UPC symbol
Prego® Spaghetti Sauce/Pizza Sauce	jar	front label panel
Santitas Ramen Pride Soups	block	front label panel
Santitas Ramen Pride Soups	cup	back panel with UPC
Specialty Kitchens™ (Food Service)	various	top label/lid
Swanson® Broths	can	front label panel
Swanson® Poultry	can	front label panel
Swanson® Frozen Food Products	carton	UPC Symbol
V8® 100% Vegetable Juice	can	front label panel
V8® 100% Vegetable Juice	aluminum can	cash register tape with product name
Viasic® Pickles, Relish, Peppers & Sauerkraut	jar	lid or logo area of label
Viasic® Pickles To Go™	packet	logo area of label
Viasic® Ripe Olives	can	front label panel
Viasic® Spanish Olives	jar	lid or logo area of label

Campbell's BEANS

Campbell's Soups

Campbell's LOW SODIUM SOUPS

Specialty Kitchens

Marie's DRESSINGS, DIPS & GLAZES

Swanson FROZEN SEAFOOD and SPECIALTY VEGETABLES

SWANSON POULTRY & BROTHS

V8 100% Vegetable Juice

Campbell's Healthy Request

OPEN PIT

Campbell's CHUNKY EGG

Campbell's HOME COOKIN' READY TO SERVE SOUPS

Early California DOLIVES

Campbell's DRY AND RAMEN SOUPS

SWANSON Great Starts FROZEN BREAKFASTS

Campbell's Tomato Juice

SWANSON FROZEN FOODS

V8 V8 100% and SPECIALTY JUICES

Campbell's SPAGHETTI SAUCE CHEF'S KETTLE

SWANSON DESSERT-DIP

Campbell's MICROWAVE SOUP

Campbell's SPECIALTY KITCHENS

Prego SPAGHETTI SAUCE AND PIZZA SAUCE

Specialty Kitchens BREADS, COOKIES, CRACKERS, CAKES, GRAVY, FROZEN FOODS & STUFFING

Viasic PICKLES TO GO PICKLES OLIVES PEPPERS RELISHES SAUERKRAUT

Prego PASTA & GRAVY

SWANSON RAMEN PRIDE SOUPS

SWANSON SPAGHETTI

Campbell's SPAGHETTI SAUCE



June 2001



Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

Flag Day commemorates the adoption of the U.S. Flag in 1777.



Flying the Flag is a patriotic way to thank American Veterans who fought to defend it.

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

D-DAY (1944)
MEMORIAL
CEREMONY
7:00PM

SUNDAY
BRUNCH
9:00AM-1:00PM




FLAG-DAY
U.S. ARMY
BIRTHDAY

POST MEETING
8:00PM

FATHER'S DAY
COOKOUT
1:00PM-6:00PM



AUXILIARY
MEETING
7:30PM




FIRST DAY OF
SUMMER

VFW
DEPARTMENT
OF VIRGINIA
CONVENTION
IN RICHMOND

VFW
DEPARTMENT
OF VIRGINIA
CONVENTION
IN RICHMOND

VFW
DEPARTMENT
OF VIRGINIA
CONVENTION
IN RICHMOND

SUNDAY
BRUNCH
9:00AM-1:00PM
&
VFW
DEPARTMENT
OF VIRGINIA
CONVENTION
IN RICHMOND



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

NON-PROFIT ORG
U.S. POSTAGE
P A I D
Merrifield, VA
Permit No. 9209

Dated Material Please Do Not Delay

Address Service Requested

Flag Day, 14 June 2001



**"I pledge allegiance to the Flag of the United States of America,
and to the Republic for which it stands,
one Nation, under God, indivisible,
with liberty and justice for all."**