

The John Lyon Gazette

Volume 8, Number 9

March 2002



Veterans of Foreign Wars
John Lyon Post #3150
2116 North 19th Street
Arlington VA 22201
703-525-0108/fax 703-525-8055
<http://www.vfw3150.org>



The John Lyon Gazette: Winner of 1999 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of Second Place Award for 2000, 2001
Ladies Auxiliary Award: Best Newsletter in Virginia, 1999, 2001; Best Newsletter in the Nation, 1999

A group photograph of the U9 Girls Lightning Soccer Team from Winter 2002. The team consists of approximately 18 young girls and two adult women, likely coaches. They are posed in three rows: the front row is kneeling on a blue carpet, the middle row is sitting on the floor, and the back row is standing. Most of the girls are wearing purple soccer jerseys with a white lightning bolt design. Two girls in the front row are holding soccer balls. The background is a plain, light-colored wall.

Michelle S.

Alana Kelly Isabel Iovia Amare Victoria
U9 Girls Lightning Soccer Team, Winter 2002

Alie Aika

Carolina

Romulo

William Christina

VFW John Lyon Post 3150

Thank you for supporting our Washington Freedom Clinic!

Katherine Bobbie Lydia Emilia & Mae W.

From the Commander:

“Marching on into March” may sound somewhat trite but it typifies John Lyon VFW perfectly.

First off, let me congratulate Ladies Auxiliary President Cathy Kerns for attaining her 100% membership quota. She and her ladies are continually lauded by visitors, guests, and Post members for their conscientious and dedicated performance of their volunteer duties. I can think of no greater tribute for National Women’s History Month than to recognize the membership *march* of our Ladies Auxiliary. (Except by perhaps signing up more female VFW members).

With that segue let me announce that the Post is also *marching* forward and is closing in on 100% membership. As of the most recent District 10 meeting (February 17) we were five members short. I am encouraged and heartened by the response that you have all given to this over the past few weeks. At the New Year, I didn’t think we’d make it. Now, I don’t think we can be stopped. Bravo Zulu! (“Well done” in Navy parlance).

Please review your calendar closely this month. We are *marching* forward with numerous activities for which we need volunteers. Whether it’s the VOD/Youth Essay/Community Service Awards on March 3, the Four-Mile Run Stream clean-up on March 9, the St. Patrick’s Day Dinner on March 16, the Hospital visit on March 23, or the two brunches on March 10 and 24, there’s much to do that can appeal to every taste and desire. The true rewards of life come from helping others and the opportunities this month offer a wide variety of ways to *march* to the beat of your particular drummer, be it through service to youth, environment, community, hospitalized vets, etc.

Volunteers are also sought for our more rewarding positions - officers of the Post. The March meeting will include nominations for officers to lead our *march* into the 2002-2003 VFW year. Most of the positions can be effectively performed in 4 - 6 hours per month. That’s not a lot to ask. Please consider volunteering and inform myself, the Senior or Junior Vice Commanders, or the Adjutant. If the proposed By-Laws that were read at the February meeting are adopted, there will be seats available on the revitalized House committee, as well. Here’s the opportunity to maintain John Lyon as a place where we’re proud to bring family and friends.

Two weeks in March are proclaimed for special awareness. “Save Your Vision” week is March 3 through 9. If you or a family member wears glasses and hasn’t been to the optometrist in more than a year, now is the time to *march* in and schedule an appointment. “Poison Awareness Week” is March 17 through 23. Be sure that if you have small children or grandchildren around the house that you *march* off any medications and household chemicals safely beyond their reach.

Thank you and enjoy your Passover or Easter.

M. C. “Connie” Agresti
Post Commander

FROM THE AUXILIARY PRESIDENT

Happy Saint Patrick's Day

ST. PATRICK'S DAY DINNER: On 16 March the John Lyon Post and Auxiliary will be hosting its annual St. Patrick's Day dinner. Please come by and enjoy a great corn beef and cabbage dinner. If any of Ladies could help out for a couple of hours, please let me know.

VOD/YOUTH ESSAY AWARDS: On Sunday 3 March the John Lyon Post and Auxiliary will be hosting its annual VOD/Youth Essay Awards ceremony at 2 p.m. Please stop by the post and thanks these great students for their participation in the VOD/Youth Essay Program.

CRAB CAKE DINNER: The Ladies Auxiliary again is having their annual Crab Cake Dinner on Friday 1 March. The dinner runs from 6 PM until 9PM. You will have to sign-up for the dinner. There will be a sign-up sheet at the canteen for you to sign. THIS IS A MUST. We will be accepting reservation until 28 February. We will be offering three different choices: (1) 2 crab cakes and 2 side dishes for \$13.00. (2) 1 crab cake and 2 side dishes for \$10.00 and (3) Crab cake sandwich and 1 side dish for \$7.00. Please come out and enjoy a great meal. Hope to see you there.

MEMBERSHIP AT 100%: Thank you ladies for making John Lyon Auxiliary 100 percent. If you have not sent in your membership please do. (\$20.00). The calendar year of the Auxiliary is from January 1 to December 31. A member who has paid her dues to December 31 is in good standing. She ceases to be in good standing on January 1 immediately following the year, which her dues have been paid. She shall not again be in good standing until her dues have been paid for the current year. Please send in your dues so you will remain a member in good standing. You may send your dues and cancer insurance to our Treasurer, Cathy Graham, 9691 Lindenbrook Street, Fairfax, Virginia 22031.

March activities at the Post this month: Sunday 10 and 24 March we will have community breakfast from 0900-1:00. On the 3rd of March the Post and Auxiliary will have its annual awards ceremony for VOD/Youth Essay Program. On 16 March from 4 to 7 p.m the Post will host their annual Saint Patrick's Dinner. On 21 March is our Auxiliary meeting at the Post at 7:30 pm. Just a reminder, if you can help out at any of the breakfasts please let me know, even if it is for a couple of hours.

Happy Birthday to those who are celebrating a birthday this month. For those that can't be with us due to distance or illness you are in our prayers and our thoughts are with you. Happy Easter to everyone on 31 March.


Cathy Kerns
Auxiliary President

Welcome to Our New Members

Welcome to new Post members, Ray D. Lewis (life), David H. Martin, George O'Connell (life transfer), and Frederick H. Schneider, and new Ladies Auxiliary members, Angeline S. Agresti, Celia L. Ortiz, and Carol A. Zimmerman, all elected during the respective February meetings.



Marching off...

Floyd "Jim" Beem, on 1 February 2002, buried at Arlington National Cemetery. Jim will long be remembered for his impressions of John Wayne, his crooner singing style, and his pictures of his Pride and Joy. Jim kept the Post bell, above, in a bright luster.

Gregory N. Roach, Marine, wounded during the Tet Offensive in Vietnam, on 12 November 2001.

Past Post 3150 Commander George Deck (1954 - 55), on 12 February 2002.

We have also determined the death of the following John Lyon members through the Social Security Death Index: John A Lane (Oct 1997, Tucson AZ), James S Austin (Oct 99, Arlington VA), and Life members Basil Barnes (Aug 1993, Falls Church VA), Robert E. Donovan (Dec 1994, Dayton OH), and Edward J Hart (Oct 1999, Whitestone NY).

In case of illness or death, please notify the Post Commander or Adjutant at the address / phone number shown on the front page.

Post Awards Scheduled for 3 March

The yearly John Lyon awards ceremonies for VOD/Youth Essay, Teacher of the Year, Law Enforcement Officer of the Year, and Fireman of the Year have been scheduled for Sunday, 3 March at 2 PM. The John Lyon Law Enforcement Officer of the Year and Teacher of the Year also won VFW 10th District first place honors.

St Patrick's Day Dinner

John Lyon will go green again this year on Saturday, 16 March 2002, with its renowned corned beef and cabbage dinner. Salad, potatoes, and desert will complete the meal, which will be served from 4pm to 7pm. Cost is expected to be about \$7.50, but final tally has not yet been calculated. Reservations are a must for this popular event: call the Post Home at 703-525-0108 or sign up in Canteen by 14 March to get your name on the list.

Identity Theft and DD-214

For years, the VFW, other veterans service organizations, and the VA have encouraged discharged veterans to file a copy of their DD-214 at their local courthouse to have it available in time of need. As identify theft increases, these same organizations are now cautioning against this practice since documents filed in the courthouse are in the public domain and some courthouses do not take any steps to prohibit disclosure of social security numbers which have also been service numbers for the past thirty years. Alternatively, veterans should place copies of their DD-214 in the safe deposit boxes of family members and trusted friends.



Happy Easter

What Did the VFW Do For You Last Year?

When it comes time to renew your membership, do you wonder why you are a member? The February 14, 2002 issue of *VFW Washington Weekly* newsletter includes the following article covering the activities the VFW last year, all for your benefit:

“With the second session of Congress just beginning, we can now take a look back at all our accomplishments of the first session. Needless to say, we had a very good year. Together, we secured passage of a wide-variety of legislation that helps the entire veteran and military communities. Your phone calls, letters, emails, and personal visits were instrumental in all of our successes.

“Among the highlights we achieved were:

- * A \$1.5 billion increase in VA discretionary funding, most of which goes to the health care system
- * Elimination of the 30-year limitation on granting service connection for respiratory cancers for Vietnam veterans
- * Expansion of the list of service-connected diseases associated with Gulf War service, and the extension of the deadline for new diseases to be presumed
- * A Raise in GI Bill benefits to \$985 over the next 2 years
- * An Increase in the VA Home Loan Guarantee to allow veterans to purchase houses of up to \$240,000
- * The largest active duty military pay raise in 20 years

“These are just some of our accomplishments. We have compiled a listing of highlights from the legislation that passed last session. We encourage you to give yourself a hand as you read through the many proposals we all fought for. The listing is available on the National Legislative Service and Action Corps sections of the Washington Office website at <http://www.vfwdc.org>.

“Once again, we thank you for your help. Together, we can make this session as successful as last year!”

A John Lyon Hello ...

To Albert J. Rothe who was Presidential Barber to President Truman!...To newly-weds Bill and Mary Schorndorf and Jim and Karina Maddox. And apologies to Karina whose name we had wrong in a photo caption last month.

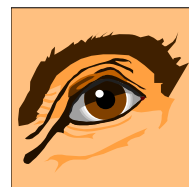
And to Billy Lowder and Scott Cavanaugh who continue to improve. Scott has visited the Post several times. Billy Lowder recently made his first visit and was greeted by a number of well-wishing friends.

TRICARE Catastrophic Cap Changes

The TRICARE fiscal year "catastrophic cap" has been reduced from \$7,500 to \$3,000 for uniformed services retirees, their family members and survivors. The cap is the maximum amount of out-of-pocket costs these beneficiaries are required to pay for medical care during a fiscal year (Oct. 1 through Sept. 30). For active duty family members, the catastrophic cap remains \$1,000 per fiscal year. The catastrophic cap reduction is retroactive to Oct. 1, 2000. A refund may be due to some members. TRICARE benefit information is available on the Military Health System/TRICARE Web site at <http://www.tricare.osd.mil>, or by calling 1-888-DoD-LIFE (1-888-363-5433).

Hospital Visit

A Hospital Visit to the Washington VA Hospital Nursing Home is scheduled for Saturday 23 March. Meet at the Post at 1230 and car pool to the hospital. Come help us bring a bit of cheer to our veterans.



3 - 9 March
Save Your Vision Week

From the John Lyon Past

Thanks to Past President Dorothy Moran for providing items from her husband Past Commander George Moran's terms of office. On the following pages is a reprinting of what is thought to be the March 1959 issue of the "John Lyon Post News".

Post Officer Nominations

The 14 March meeting of the Post will include nominations for officer positions for the next year. Nominations will be made for the Commander, Junior and Senior Vice Commanders, Quartermaster, Chaplain, Advocate, Surgeon, and Trustees. Dust off your talents and volunteer for one of these or one of the appointed positions to be filled by the new commander. Post nominations will be made at the March meeting and elections will be held in April. The Ladies Auxiliary will nominate and elect in April. The new officers assume their duties when the new state officers are installed at the end of the state convention in Richmond in June.

Vietnam Service Medal in lieu of Armed Forces Expeditionary Medal

Veterans and active duty personnel who received the Armed Forces Expeditionary Medal (AFEM) during the period 01 July 1958 through 03 July 1965 (inclusive) for service in an area for which the Vietnam Service Medal (VSM) was subsequently issued will remain qualified for the AFEM. They may, upon application, to his/her parent service, be awarded the VSM in lieu of the AFEM. No individual shall be entitled to both awards for service in an area for which the VSM has been authorized.

Crab Cake Supper

The 3150 Ladies Auxiliary will host a Crab Cake Supper on Friday, 1 March 2002, between 6 and 9pm. Prices vary for three menu possibilities. Reservations are required by 28 March. Call 703-525-0108 or sign up in Canteen.

VA Home Loan Increase

The Department of Veterans Affairs has increased the home loan guarantee from \$50,750 to \$60,000. This means that service personnel and veterans can now purchase a home for their primary residence costing up to \$240,000 without a down payment. Service personnel and veterans who are interested in a VA home loan now have the option of determining their eligibility online. A free online tool that calculates eligibility for active duty, Reserve/Guard, veterans and retired members, as well as spouses interested in using the benefit, is available at

http://www.military.com/Finance/Content?ESRC=mr.nl&file=elig_calc_splash.htm&area=Content

Service Connection for Atomic Vets

"VA issued new regulations that added five new cancers to the list of diseases presumed to be service-connected for certain veterans exposed to cancers associated with radiation exposure during their military service. Those veterans who participated in "radiation-risk activities" may now be compensated for cancers of the bone, brain, colon, lung, or ovary starting March 26, 2002." Source: The February 14, 2002 issue of *VFW Washington Weekly*

Four Mile Stream Cleanup

The Post is expected to participate in a unique cleanup of the Four Mile Stream on 9 March. As complete details are not yet available, call the Post for the latest on this event.



March 17 - 23

National Poison Prevention Week



John Lyon Post NEWS

Veterans of Foreign Wars of The United States



NEW POST QUEEN



Miss Shirly Downs was crowned Post Queen in a very nice ceremony at the Post Home on February 8th.

Our new Queen will reign for the whole year and take part in parades and many other Post functions.

Miss Judy Jackson our queen from last year was presented a charm bracelet as a small token of our large thanks for a job well done.

BUSY BUSY

About the busiest man in the Post this time of year is the Jr. Vice Commander. The first day after Christmas that the sun comes out and it gets above 20 He starts working on the Spring Dance. But that is just one of the many jobs he must handle.

A pot luck dinner held at the Post Home on February 7th, was a very big success. In answer to many many request we will have a "Poor Mans Night" on March 21st. Everything will be sold for 15 cents. Get a gang together and come on down.

IMPORTANT!



Commanders Message

As Commander of John Lyon Post I would like to call, every members attention to the COMING ELECTIONS. Nominations will be held at the next Post Meeting, March 12. Nominations and elections will be held at the following meeting, March 26.

I feel that these are the most important meetings of the year and I urge you to attend and help elect the men of your choice. The Officers of your Post have a big responsibility in running the Post the way you, the members, want it run. Therefore it is very important that you come to these meetings and make known your ideas.

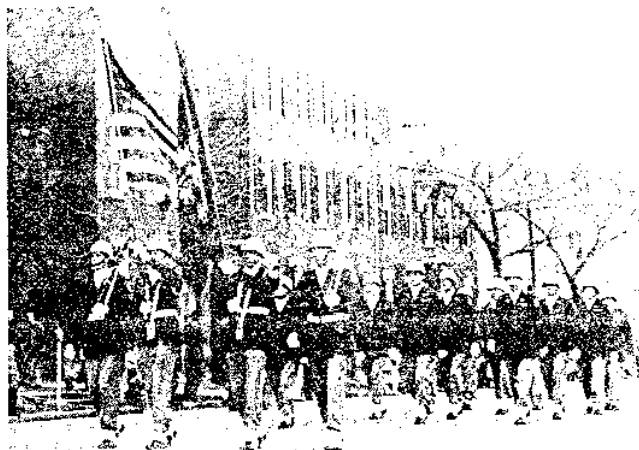
Under the Direction of Sr. Vice Commander Hubbard, we have had a very successful membership drive this year. I would like to thank Comrade Hubbard and all members who worked on the two teams, Past Commanders, and Post Officers for a fine job.

SEE YOU AT THE POLLS!!

Getting back to the Spring Dance, we need a lot of help. Anyone who wants to get his feet wet should contact Comrade McNair. More information will be sent you by way of the Post News and special letter soon.

SPRING DANCE MAY 23rd

There will be a Color Guard Meeting Monday night, March 16. All who can please attend. This is one of our most active Post units. The entire back page of this bulletin is devoted to pictures of the Guard in the George Washington Birthday Parade in Alexandria. You will note that we now have our new uniforms.



JOHN LYON POST NO. 850
ATTORNEYS OF FOREIGN WARS OF THE UNITED STATES
BOX 128 MAIN OFFICE
ARLINGTON, VIRGINIA

Lightning Soccer Club

“...thanks to the continued support of V.F.W Post #3150 located in the Key-Science Focus neighborhoods in Arlington” says the draft “Guide for Arlington Youth Soccer Coaches”.

Lightning Soccer Club is a member of Arlington Soccer Association (ASA), a private organization run largely by parent volunteers. ASA currently supports 12 clubs for elementary/middle school students. Lightning is the third largest club in the ASA with 376 students in 28 teams. Lightning includes the Key-Science Focus School community and other children living in those neighborhoods. The goal of youth soccer is to have every child play in a supportive and encouraging environment with an emphasis on good sportsmanship.

One of the teams, U9 Girls, recently participated in a training clinic with the WUSA (Womens United Soccer Association) Washington Freedom. The photo on the front page shows the clinic students and Freedom players and was presented to Junior Vice Commander Carl Colon and Adjutant J.Gary Wagner during the recent final clinic session.



Washington Freedom goalkeeper Dawn Greathouse and Assistant Coach Clyde Watson sign autographs for Lightning players after the recent training clinic.

Coach Mark E. Warren said “I am glad you got to see a bit of what we're doing, and what you guys are helping to make happen...I've watched Key School for several years now, and noticed that the kids from disadvantaged backgrounds who play soccer are, partly for this reason, able to connect with those groups in school who do well academically.”

Janet Joy, who coaches another Lightning team, said “It's certainly noteworthy that Key has the 2nd most players (in the ASA: 56% of students, per Fall 2001 ASA report), and yet has the highest percent of poor kids (i.e. those on the reduced price lunch program) (43%). I'm personally very pleased that Key has such a high participation rate despite the fact that we have a high proportion of disadvantaged children. In fact, this is something that the V.F.W. really has a right to brag about, because your help has made a big difference to kids who can really use the boost ---and



Post 3150 Junior Vice Commander Carl Colon signs the jersey of one of the students at the end of the recent training clinic.

really seem to be benefiting from it...whereas in most other schools with similar poverty rates, the participation rate in soccer is much lower...I'm doubly pleased to be part of a club that has always worked hard to be available to all kids---and a large part of that is that through the support of the V.F.W., we've been able to offer the lowest registration fees of any soccer club in Arlington County. Your support has also allowed us to provide scholarships for players and provide team uniforms for children whose families can't afford them”---the club chose the least expensive uniforms to minimize expenses.

VFW Post 3150 has supported Lightning Soccer for several years and recently presented \$2500 to the club (See last month's newsletter.) to help purchase team equipment and cover other expenses.

More information, can be found at the ASA web site at: www.arlingtonsoccer.com

Recent Events around the Post



A rare view of John Lyon Post #3150 in the snow. Arlington recently received about three inches, its first measurable snow in nearly a year.



Ladies Auxiliary Patriotic Instructor Connie Conen and President Cathy Kerns prepare to distribute the cake during the 67th birthday celebration of Ladies Auxiliary 3150.



Junior Vice Commander Carl Colon and Commander Connie Agresti chat with former Marine Corps Commandant Al Gray Jr. following a ceremony to honor Gunnery Sergeant John Basillone at American Legion Post 139 in Arlington. The ceremony marked the invasion of Iwo Jima during which Basillone died and included promotional efforts to have Basillone honored on a U.S. postage stamp.

March 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Ladies Aux. Crab Cake Supper 6 - 9 pm	2
3 Awards Ceremonies 2 pm	4	5	6	7	8	9
10 Sunday Brunch 9 am - 1 pm	11	12	13	14 Post Meeting 8 pm	15	16 St Patrick's Day Dinner 4 - 7 pm
17	18	19	20 First Day of Spring	21 Ladies Auxiliary Meeting 7:30 pm	22	23 Hospital Visit 12:30 pm at Post
24 Sunday Brunch 9 am - 1 pm	25	26	27 Passover Begins at Sunset	28	29 Good Friday	30
31 Easter Sunday						

Post Officer Nominations for Year 2002 - 2003
14 March 2002 at 8 pm





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

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Permit No. 9209

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St. Patrick's Day
Dinner
Saturday
16 March 2002
4 - 7pm

Reservations Required