

The John Lyon Gazette

Volume 11, Number 9

March 2005



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, 2003 and 2004 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, 2003; 2004; Best Newsletter in the Nation, 1999



“...’Tis the star-spangled banner!
O long may it wave
O’er the land of the free
and the home of the brave!”
(second verse)

3 March
“Star Spangled Banner”
Day

Written by Francis Scott Key during the War of 1812,
it was made the U.S. National Anthem in 1931.

From the Commander:

For this commander's column, I have decided on a theme I will call "Behind the Scenes". In the past years, we have received numerous awards, including National Community Service Post of The Year with Richard Hoffman (All State Commander) and Gail Hoffman (Ladies Auxiliary President). Gary Wagner as Commander last year received the award for the Best Newsletter in the State and an All State white hat. I thought I should give away some of the secrets of our success and how we accomplish the necessary programs to push for favorable legislation for veterans, provide community service work, work with youth programs, and make periodic hospital visits to the VA hospital and Walter Reed Army Medical center. This is a way for me to recognize some, but not all, of the many volunteers that usually do not get recognized for their many necessary contributions. These are some of the dedicated people who work "Behind the Scenes".

I will start off with Gary Wagner. With Gary as the post Adjutant, It's like I have been in intensive VFW training with Gary as the instructor for this past year. Gary is the 10th District Junior Vice Commander and has also been our newsletter editor since about 1997, and is well respected by the District and Department officers. Thanks for your continuing help, Gary.

Richard Hoffman, the post Quartermaster. When he isn't busy working on the post finances or helping out as a member of the Sunday Brunch kitchen crew, he has been seen many times working on improving our post home laying new floor tile, installing new doors, and whatever else is needed (countless hours). Gail Hoffman, past Ladies Auxiliary President, has been making our post posters and whatever else is needed. Gail has been working with the Ladies Auxiliary Sunday Brunch crew at every brunch.

Joe Weeks, past All State Quartermaster and present Trustee, can be seen if you are here at the post at 7-8 am. Joe has been managing and restocking the Pull Tab machine and restocking the canteen change pouch every day for the past year. Elsie Weeks, known as Miss Buddy Poppy to many of us, has been coming in to the post every other Saturday to set up the tables for our Post Sunday Brunches the next day. Elsie has been working with the Ladies Auxiliary Sunday Brunch crew for years.

Eric Anderson, Post Junior Vice Commander, has been the post Sunday Brunch Omelet and Pancake grill person for years. I consider him the Supervisor of our post improvement work. Eric has proven to me that he is an expert at hanging new doors and much other complicated construction. He has spent countless hours working on our post home.

Ken Jansen, past 3150 Commander --- I will call him our post Chef. As long as I have known Ken, he has shown up at the post at 5-6 am every Sunday Brunch as the kitchen supervisor. He has also prepared every Thanksgiving and Christmas post meal. He will also "be there" if needed for anything else.

Gene Miller, 10 year past All State and an All American Commander, has always been a positive support for me and answered my many questions. Gene has brought back his Chili Mac night for the past two years.

Doc Crouch, Department Junior Vice Commander and 3150 past commander, has been a positive support for me. Doc has held a cheese cake baking class at the post for the past two years. Cathy Graham, present Ladies Auxiliary President, has been extremely supportive of our post programs and an asset to our post. We have made a good team together.

Connie Agresti, past 3150 Commander, has been a spokesman for veterans rights and legislative issues and is highly respected by 10th District and Department officers. He has been our Buddy Poppy chairman for as long as I have known him.

Tom Kane, post Senior Vice Commander, has been working on membership issues, and has been a member of the Sunday Brunch crew. Tom has spent countless hours doing woodworking on our post home improvement projects (working with Richard and Eric).

Steve Cobb has been meeting incoming wounded troop flights at Andrews AFB. Tanya Cobb has been working with our post Web Page.

All the Ladies Auxiliary members that work on the Sunday Brunch crew and support the many other post functions, Ruth Rodier, Lola Kane, Cathy Kerns, Shirley McAlhaney, and Karen Stewart, among others, my hat is off to you.

This is only a small representation of the behind the scenes volunteer efforts that make John Lyon Post 3150 what it is. If I have overlooked someone, I want you to know it was not intentional. I definitely appreciate all of the "Behind the Scenes" work and look forward at catching you in the act of helping out our post.

Yours in comradeship,
Greg Moscatel --- Commander, VFW Post 3150

From the President

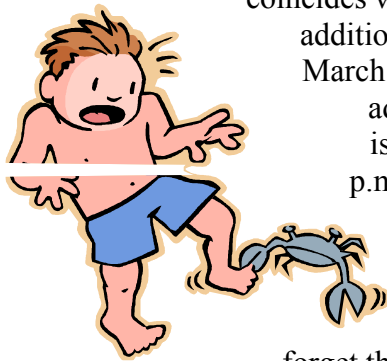
We had a successful cheesecake baking class in February. Both women and men participated including one of the wounded soldiers recuperating at Walter Reed Army Medical Center. He read about the class at one of the Sunday Breakfasts and asked if he could join us. We said yes and he, his wife and the driver all baked their own cheesecakes. Everyone involved enjoyed themselves. The auxiliary raised \$120 towards our patriotic awards. Thank you all.

By the time you are reading this we will have held an awards ceremony to honor those young adults who participated in the Voice of Democracy and Patriot's Pen programs and those teachers who entered the Teacher of the Year program. We had 40 VOD entries, 6 Patriot's Pen and 4 Teacher of the Year. Congratulations to all who participated and thank you to the auxiliary and post members who judged the entries.

For those artists who are interested, the Young Creative Patriotic Art deadline is March 29, 2005. If anyone knows of a student who has an eligible entry they can call me at the post 703-252-0108 and leave a message or at home 703-319-0845 and leave a message. This is similar to the VOD and the winning entries continue on to the Department and National level. Entry requirements and forms are available on the Ladies Auxiliary web site under scholarships.

Ladies, we have made 100% in membership as well as 100% reported in all categories, which makes us successful for the year and we will receive a banner in June at the Department Convention in Richmond. Thank you for all the assistance given by the membership to fulfill the requirements posed to us by the Department of Virginia. Although we have reported in all categories, it is still important to continue our work. The reporting year does not end until June 30 for the department chairmen to turn in final numbers to the national chairmen. So ladies keep on working so we can increase the volunteer hours and dollars so the national organization can report to Congress about all of the good work we do.

Now for the fun stuff. There is a Spaghetti dinner planned for Saturday 5 March 5-9 p.m. Sign up sheets are at the Post, and we hope to see some out of town visitors coming as this coincides with the National Legislative and Community Service Convention. In addition, there will be a corned beef and cabbage dinner on Saturday 19 March from 4 to 7 p.m. Again it is an event requiring you to sign up in advance at the Post. Because it will be occurring so early in April, this is advance notice of the Crab Cake dinner on Friday 8 April from 5-8 p.m. Look for the particulars in the pages of this newsletter or call the post to get more particulars and to sign up. At each of these events the Ladies Auxiliary will be holding raffles to replenish our treasury to prepare for next years events. Each raffle will vary in the prizes available to be won. Don't forget the breakfast Sundays on March 13th and Easter Sunday March 27th.



Daylight Savings Time begins on April 3rd so be careful with the shift in time. Happy Birthday to all those celebrating in March.

Catherine M. Graham

Welcome to Our New Members

Welcome to new Post member MIP transfer William H. Wright.

We also welcome new MIP members to the VFW: Michael Buyas Jackie Christian, Douglas Cobb, Jason Finch, Garrett Martin, Gerald Terlaje, William Thorne, Jeffery Vaughn, Michael Walcott, and Ernita Warfield, all who qualified via Operation Iraqi Freedom.

New Officers to be Selected

Post officers for the Year 2005-2006 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 (finances), chaplain, advocate (parliamentarian), surgeon (welfare and hospital), three year trustee (oversight), and three year house committee member (post home). Additionally, there are appointed positions such as adjutant (admin), officer of the day, and publicity chairman to be filled.

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

While the new officers will be installed in May, they will assume their duties when the new state officers are installed at the end of the state convention in Richmond in June.



Have your fire extinguishers been inspected and replenished?

Your Membership Has Expired!

If you have not renewed for the Year 2004-2005, your membership expired at the end of December. Please send in your dues for 2005 now. If you cannot find your renewal notice, mail a check for \$30 (VFW) or \$25 (Ladies Auxiliary) to the address on the front page of the newsletter.

St Patrick's Day Dinner

John Lyon will go green again this year on Saturday, **19** March 2005, with its renowned corned beef and cabbage dinner. Salad, potatoes, and dessert will complete the meal, which will be served from 4pm to 7pm. Price is \$8.00. Reservations are a must for this popular event: call the Post Home at 703-525-0108 or sign up in Canteen by Wednesday, 16 March to get your name on the list.

Crab Cake Supper

The 3150 Ladies Auxiliary will again hold its annual Crab Cake dinner this spring. The dinner will be April 8th, from 5pm to 8 pm at the Post. There are three dinner packages available: a crab cake sandwich and 1 side dish for \$7, one crab cake and two sides for \$9, or two crab cakes and two sides for \$11. Reservations must be made in advance, by calling or stopping by the Post. In order to ensure that we have an adequate number of crab cakes available, please specify your meal choice at the time of your reservation.

“Pet Insurance

“VFW Members and their families can now receive a discount on Pet Insurance through VPI. Since pets are a vital part of our families, you want the financial freedom to do everything medically possible in the event of a catastrophic sickness or accidental injury. VFW offers an affordable insurance through VPI Pet Insurance that can give you peace of mind. To learn about protecting your pet or to obtain a free quote, call 800-USA-PETS (800-872-7387), or go to www.vfw.org, Membership, Membership Benefits.” (Source: *VFW's CELEBRATION OF SERVICE* newsletter, Volume 29, No. 6, February 2005)

From the John Lyon Past...

From the archives of The Washington Post,
18 March 1948:

“Safety Patrol to Get Flags

“Arlington’s School Safety Patrol will be presented with national and State colors in ceremonies to be held at 3 p. m. Saturday at Washington-Lee High School.

“Invitations to all county fraternal, patriotic and civic groups have been issued by the John Lyon Post No. 3150, Veterans of Foreign Wars, which is sponsoring the ceremonies. Also to be honored at the affair will be County Traffic Safety Officer Frank Palmer.”

Marching off...

Andrzej Glinski (77), on 11 January 2005. He served in Vietnam and had been a Life Member of Post 3150 since 1990. He had been living in Florida in recent years.

Past President Imogene Robinson (1982 - 1985), on 23 February 2005. No details available at this time.

VFW National Winter Conferences in Washington, D.C.

VFW’s two national winter conferences will be held in Washington, D.C. in March: The Community Service Conference, March 6-9, 2005, and the Legislative Conference, March 7-10, 2005. Both at the Omni-Shoreham Hotel in Washington, DC. VFW and Ladies Auxiliary members are invited to attend these conferences. One of the highlights is the VOD Parade of Winners at 6:15 pm on the 6th.

Newsletter Online

The John Lyon Gazette may also be downloaded or read from the post website at www.vfw3150.org. You can expect to find it on the first page of the website by the first of each month. It will be in PDF format. You can download a PDF reader for free from the Internet.

“Vietnam Center and Archive Now Available Online

“In 1989, the Texas Tech University Board of Regents created the Vietnam Center and Vietnam Archive. Since then, this project has grown into the largest of its kind in the nation and includes an archive of Vietnam War related materials second only to the federal government and National Archives collections.

“The Vietnam Center and Archive are dedicated to promoting the study of America's involvement in Southeast Asia during the Vietnam War and to preserving the history of that involvement from the perspective of all participants...

“The Vietnam Archive collects and preserves archival materials and artifacts, focusing on collections from the men and women who directly participated in wartime events. Included in the archive is an energetic Oral History Project, which conducts interviews with Veterans and other participants from the war.

“In 2001, the Vietnam Archive created the Virtual Vietnam Archive. The Virtual Vietnam Archive is federally funded through the Institute of Museum and Library Services and is dedicated to digitizing the collection materials in the Vietnam Archive in order to make them freely available via the Internet to students, scholars, educators, veterans and the interested public. The Virtual Archive currently provides free global Internet access to over two million pages of archival resources. This includes documents, images, maps, film, audio recordings, and much more.

“Approximately 40,000 pages of new material are added online monthly making this a constantly evolving and dynamic research tool for anyone studying the Vietnam War and America's involvement in Southeast Asia.

“You can learn more about our project online and access the Virtual Vietnam Archive at www.vietnam.ttu.edu.” (*Excerpted from the VFW national website.*)

2004 - 2005
VOICE OF DEMOCRACY WINNERS
ANNOUNCED

John Lyon Post and the Ladies Auxiliary are pleased to announce the winners of the 2004-2005 "Voice of Democracy" Audio/Essay competition. For this year's competition, we had forty-five outstanding students participate in our program. This year's theme, "***Celebrating Our Veterans' Service***" elicited some very thought provoking and original ideas from our participants. Our First Place winner, who advanced to the District level of competition, was Ms. Rebekah J. Ashburn, a senior at Bishop Denis J. O'Connell High School in Arlington. Ms. Elyse M. Smith, a junior at Bishop O'Connell placed Second in this year's program, and Ms. Laura E. Puglisi, a senior at Bishop O'Connell, placed Third. Honorable Mention recognition went to Ms. Kelly-Christelle P. Orsini, a home-schooled student, and Ms. Christine M. Kapurch, a sophomore at Bishop O'Connell. Because of changes in the program's guidelines, we were allowed to advance our top three winners at the Post level on to the District competition, however, we are very proud of all of our student participants! All of the entries this year were outstanding and the judges commented that they had a very hard time trying to select any one entry over another. Clearly, our Voice of Democracy Program has had a positive and enduring impact on all of our high school students.

Congratulations to all of our winners and a special thanks to the school officials, the parents, and the judges who took the time to support our efforts. Most especially, we want to thank the students themselves for taking the time and making the effort to participate with us in this year's program. What you think and how you feel does make a difference and all of us here at VFW Post 3150 appreciate that you have shared your feelings with us.



2004 - 2005
PATRIOT'S PEN WINNERS
ANNOUNCED

The Post and the Auxiliary also reached out to 6th, 7th, and 8th grade students, asking them to participate in the VFW's annual Patriot's Pen program. This program is an essay competition designed to foster patriotism and promote Americanism while simultaneously giving our youth the chance to improve their writing skills, and compete for valuable awards. We are pleased to announce the winners of the 2004-2005 "Patriot's Pen" competition. The theme, "***What Service to Our Country Means to Me,***" provided some original and interesting ideas from our participants.

This year Ms. Mariana E. Sterne, an 8th grader home-schooled student from Alexandria, and a first time participant in the program, took top honors and won First Place in the competition. Her entry was forwarded on to the 10th District competition. Our Second Place winner in the competition was another home-schooled student, and a first time participant, Ms. Ashley R. Smith. Ashley is continuing a long standing tradition in her family, following in the footsteps of big sister, Lindsey, who participated in the Patriot's Pen program in both 2001-2002 and 2002-2003, winning First and Second Place respectively. Ashley's older brother, Jason, also participated in our VOD program in 2001-2002 and won an Honorable Mention award. H. Michael Ipsan was our Third Place winner this year; he also participated in our Patriot's Pen program last year. Michael lives in Annandale Virginia, is home-schooled, and is currently in the eighth grade. Not to be outdone, Michael had to compete this year with younger sister, Catherine J. Ipsan, currently a sixth grader also being home-schooled. Catherine garnered Honorable Mention recognition this year, along with Rose M. Ducat, another home-schooled student, currently in the eighth grade, from Fairfax, VA. All of our students did an outstanding job with their essays this year and have much to be proud of!

A special thanks to the parents, and the judges who took the time to support our efforts. Most especially, we want to congratulate and thank Mariana, Ashley, Michael, Catherine, and Rose for taking the time and making the effort to participate with us in this year's program.

**2004 - 2005
TEACHERS OF THE YEAR
ANNOUNCED**

The Teachers of the Year for John Lyon Post 3150 were recently announced. First Place for High School was Sister Maureen Christopher of Bishop Denis J. O'Connell High School in Arlington and First Place for Elementary School was Michelle Lowrey of Arlington Traditional School. Both teachers were advanced to district competition.

**Michelle Lowrey Named State
Teacher of the Year**

Michelle Lowrey, who was named Post 3150's Elementary Teacher of the Year and went on to win at Tenth District, was also selected as Department of Virginia's Elementary Teacher of the Year. Ms Lowrey will be presented with her award at the Department Convention in Richmond in June.

**VOD, Patriot's Pen Themes
Announced**

Themes for the high school and middle school essay contests for 2005-2006 have been announced. For the High School Voice of Democracy contest, the theme will be "How I Demonstrate My Patriotism", and for the Middle School Patriot's Pen contest the theme will be "Who Are Today's Patriots?" Deadlines for both programs are November 1. Further information is available at the VFW national website at www.vfw.org, then click on "Programs".



Above, Rebekah J. Ashburn presents her first place essay to the Tenth District Meeting at McLean Post.

**Post 3150 Nominees Score in
Tenth District Competitions**

Post 3150 nominees took four first place awards and a third place in recent Tenth District competitions. The awards were presented at the February Tenth District meeting. Michelle Lowrey of Arlington Traditional School was named Elementary Teacher of the Year while Sister Maureen Christopher won the High School Teacher honors. Rebekah J. Ashburn took first place in the Voice of Democracy competition and Elyse M. Smith won third place. Mariana E. Sterne was named tops in the Patriot's Pen competition. Ashburn and Sterne presented their essays and were loudly applauded for their efforts.

**Spaghetti Dinner,
5 March**

Post 3150 will hold a spaghetti dinner on Saturday, 5 March. Dinner will be served 5 - 9 pm. As for many dinners, the cost will be your donation. No buses will be run from the hotel, however, early arrivals for the VFW conferences are welcome to attend, of course.

Test Completed

The test has been completed. The staples on the newsletter return to the left side. Thanks to all those who provided input.

A John Lyon Hello ...

... to Jimmy Jenkins, Jack Turner, Dennis Versele, ---- and Shirley Burnett, wife of 3150 member Walter Burnett --- who we understand, are all recovering from illnesses or surgery.

New Officers to be Selected

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

Canteen News

The canteen is open for lunch Monday through Thursday 11 - 3, and Friday 11 - 5. Specials during the week include Steak and Cheese Subs, Bacon Cheeseburgers, Meatloaf, and on Fridays, Shrimp and Fish. Bartenders are needed for Saturdays. If you can help out, call Lisa at the Post (703-525-0108) Monday -Friday 10 am - 6 pm.

The Post Canteen is open as follows:

Sun (1 st , 3 rd , 5 th)	12 noon – 9pm
Sun (2 nd , 4 th , "Brunch")	9 am – 9 pm
Mon - Thurs	11 am – 9 pm
Fri	11 am – 10 pm
Sat	12 noon – 10 pm

The Night Manager may opt to keep the canteen open later if participation warrants. Closing time for special events also may be later.

Email Updates

The post sends out periodic updates and reminders of upcoming events and other information of note to members via email. If you do not presently receive these and would like to be added to our email list, send an email to the webmaster at vfw3150@cws-online.net. Your request will be forwarded to the Adjutant who will add you to the list.

Join "America Bands Together!"

"From Memorial Day through Independence Day, VFW will call on all Americans to wear a distinctive red wristband as a display of unity, hope and remembrance for our active-duty troops and veterans.

"VFW is urging all members and supporters to mark this historic "Season of the Patriot" by wearing a patriotic wristband that carries the inscription "I Support Our Troops." Proceeds from "America Bands Together" will benefit VFW programs and future initiatives that serve active-duty military, veterans and their families. It is hoped that 10,000,000 will to participate in the massive display of support for America's heroes!

"You can receive your wristband for a small donation by contacting Nathan Jackson at 816-968-2734. (Source: *VFW's CELEBRATION OF SERVICE* newsletter, Volume 29, No. 6, February 2005)



Happy Easter

Recent Events Around the Post



From Miles and Miles They Came

<<< Ladies Auxiliary 3150 members Terry McHale (left) and Loraine Sorley (second from the right) traveled over 700 miles from Chicago for Gene Miller's Famous Chili-Mac. Both sisters of Gene (center) and Jerry Miller (right), they made it a family affair. Eric Anderson (second from left) also helped out with the dinner. About 75 chili-mac dinners were served at Post 3150 on a recent Friday evening.

Mr and Mrs William H. Wright enjoyed >>> the chicken and fish dinner recently at the Post. He is a new member of John Lyon Post.



<<< The Post continues to welcome soldiers, recovering from war injuries at Walter Reed Army Medical Center, and their families during Sunday brunches. A number have been repeat visitors and they really enjoy the hours away from the hospital. The breakfasts have been paid for through donations to the Post. About 30 were hosted on a recent Sunday.

3150 Ladies Auxiliary 70th Birthday



<<< Ladies Auxiliary President Catherine Graham places a uniform hat once belonging to Past President Peggy Bassford on the display table showing some of the history of Ladies Auxiliary 3150. The exhibit was up for a week each side of the birthday. The John Lyon unit marked its 70th Birthday on 19 February. The Post marked its 70th birthday on 20 November of 2004.

Ladies Auxiliary 3150 members >>> marking their 70th birthday before the cake cutting included Karen Stewart, Elsa Weeks, Virginia LePage, Catherine Graham, Catherine Kerns, Marcie Anderson, Giselle Cruz, Bonnie Britten, and Shirley McAlhane.



<<< Special guests at the Ladies Auxiliary 3150 70th Birthday ceremony included (left to right) Tenth District President Betty Gimble, Department Secretary Kathy Birch, (Cathy Graham and Cathy Kerns), Past Department President Virginia Edwards, and Department Senior Vice President Debbie Martin.

VFW 3150

March 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Movie Night			Spaghetti Dinner 5 - 9 pm
6	7	8	9	10	11	12
National –	House Committee 7:30 pm Post O Call 8 pm Community	Services & Legislative	Movie Night Conference	Post Meeting 8 pm		
13	14	15	16	17	18	19
Sunday Brunch 9 am - 1 pm			Movie Night	Ladies Aux Meeting 7:30 pm		St. Patrick's Day Dinner 4 - 7 pm
20	21	22	23	24	25	26
			Movie Night			
27	28	29	30	31		
Easter Sunday Brunch 9 am - 1 pm			Movie Night			

Dinner RSVPs: 703-525-0108



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
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Merrifield, VA
Permit No. 9209

Dated Material Please Do Not Delay



St. Patrick's Day
Dinner
Saturday
19 March 2005
4 - 7pm

Reservations Required