

The John Lyon Gazette

Volume 11, Number 11

May 2005



Veterans of Foreign Wars
John Lyon Post #3150
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Arlington VA 22201
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<http://www.vfw3150.org>

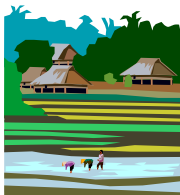


The John Lyon Gazette: Winner of 1999, 2003 and 2004 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of Second Place Award for 2000, 2001 Ladies Auxiliary Award: Best Newsletter in Virginia, 1999, 2001, 2003; 2004; Best Newsletter in the Nation, 1999



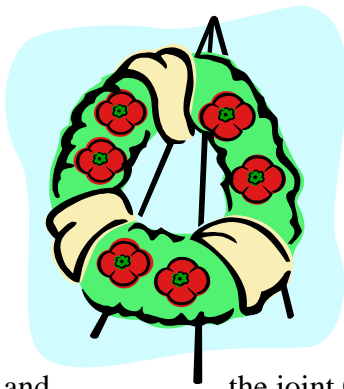
Vietnam Veterans Appreciation Week May 1 - 7, 2005

The Vietnam War ended thirty years ago on 7 May 1975. VFW Commander in Chief John Furgess has named 1 - 7 May as Vietnam Veterans Appreciation Week. In connection with Loyalty Day, Post 3150 will have a short remembrance ceremony at 2 pm on Sunday 1 May, followed by a cookout until 5 pm. All veterans are invited to attend. Vietnam Veterans are urged to attend. A certificate of appreciation will be available for Vietnam Veterans. Call the Post ahead of time to put your name on a list so the certificate will be available for the ceremonies.



From the Commander:

I am recognizing we are closing in on the end of my year as commander. Realizing there are only a few months left, I have made a quick review of what we have accomplished this year so far. We have accomplished remarkably quite a lot and we are still going strong. This year we are supporting Arlington Little League baseball and Lightning Soccer (as we have done in years past). The kids in uniform and their coaches traditionally join us at the John Lyon Memorial in Cherrydale for our Memorial Day observance. Our post supplied the Color Guard for the Little League opening day ceremonies several weeks ago. Our Voice of Democracy and Patriots Pen contests were remarkably successful (thanks to the efforts of Jeannie Gibadlo). From the very first day, I was supported 100 percent by dedicated Post 3150 Members who have "been there- done that". This help and support has come from not only the Past Post 3150 commanders, but also the 3150 Ladies Auxiliary President and members. This spells success for our post. Since I feel one year just wet my feet, I decided to run for commander for another year and was re-elected during the last meeting. I'm looking forward to doing an even better job during the next year.



and the joint Clarendon Memorial observance. We group together at the post at 10:00 am for the John Lyon observance and at 12:00 pm for the Clarendon observance.

We are getting ready for the Memorial Day observance on May 30. This is a weekend affair for us at Post 3150. We form a group and go over to Arlington Cemetery, as well as National Memorial and Columbia Gardens cemeteries, to decorate the graves of former Post 3150 members and their families buried there. There are members of our post who are experts at locating those graves. I would still be out there searching from last year if it wasn't for them. If anyone would like to join us, give the post a call and leave your name and phone number. People who get experience at this annual tradition help us to pass on the knowledge. All post members are invited to join us at our observance ceremonies at the John Lyon Memorial

We made another VA Hospital visit on Saturday, April 6. I would like to commend all the people who have been participating in our hospital visits. For some, our visits to the VA Hospital are not an easy thing to do as most of the patients are not in very good shape. But for some of our post member volunteers, VA Hospital visits are one of their priorities. During our last visit, we met and talked with the wife of a Korean War veteran. She told us that she knew her husband was on the front lines in Korea when all the letters she sent him kept being returned to her. When her husband returned, she mentioned to him that he should read all of the letters. Another patient asked me what fruit I was leaving in his room. He then explained to me that he was blind. If anyone would like to participate, we usually post future hospital visits on the monthly calendar, and we assemble together at 12:30 pm at the post the day of the visit.

We will have our Post and Auxiliary installation of officers on May 21, 2005 at 2:00 pm. I also look at this day as the unique one day out of the year we get to recognize our officers and volunteers. All are invited to this truly wonderful event.

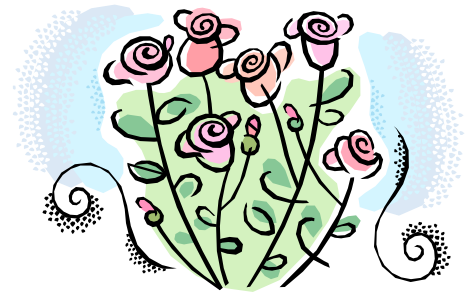
Yours in Comradeship,

/s/

Greg Moscatel
Commander, VFW Post 3150

From the President

May is here and the flowers are blooming. The April elections are over and it is my honor to serve as your president for another year. The installation of officers for the 2005-2006 year is scheduled for 21 May at 2 p.m. The slate of officers remained the same with the exception of chaplain for the ensuing year so I know we will have another successful and fun year.



Now back to bring everyone up to date. For those keeping track we had a very successful Crab Cake dinner. We raised \$126 through our 50/50 raffles and over \$680 net for the dinners we sold. Thank you all who came out and supported us. The money we raised will be going to Cancer Aid and Research. So far this year we have raised about \$1700 for cancer aid and research. For information only, the money we raise for Cancer Aid and Research goes to the Department and then National. A percentage of the money raised by Virginia is then returned to Virginia in two forms, as research grants for cancer research and as grants to those in need by the auxiliary. This is a separate program from the cancer insurance. Only those who pay the cancer insurance are eligible for this program while every member of the auxiliary is eligible for a grant. The Easter basket raffle raised \$185.00. As of the day I write this column it has not been claimed. If this continues to be true, at our last auxiliary meeting we voted to re-affle the basket on Mother's Day during the breakfast. Mother's Day breakfast is one time the ladies are excused from breakfast. The gentlemen of the Post normally take over the duties of serving food as well as remaining in the kitchen cooking.

Memorial Day will be upon us before too much longer. It will be memorable for several reasons one of which is that this year we have had the recovering troops from Walter Reed Army Medical Center coming to breakfast. They have enjoyed meeting other people and being served good home cooking in a relaxed crazy atmosphere at times. The visitors we get at this time of year will hopefully be able to meet the troops in a different setting than if they had gone to the hospital to see them. Even though we will be serving breakfast on Sunday, the Post is normally open to all visitors on the other days and food is generally provided. This is in addition to the ceremonies we conduct on Monday as well as the grave decorations which start on Friday and are completed on Saturday morning at the cemeteries in Arlington, and Falls Church. We will need people to help serve food during that weekend and the ladies are responsible for providing the desserts during the four days. We are planning on cakes for Saturday and Sunday and cookies for Friday and Monday. This will not be home-made as the quantities will probably be more than we can make. The ladies also voted to conduct some more raffles during this weekend. So helpers will be needed here also.

Happy birthday to all those born in May and have a safe and healthy holiday season.

/s/

Catherine M. Graham

Moscater & Graham Elected; Installation Scheduled

Gregory Moscater and Catherine Graham were elected as Post 3150 Commander and Ladies Auxiliary President, respectively, for the coming year during April elections. See below for complete election results. Installation of these officers and their staffs will be held at the Post home on Saturday, 21 May at 2:00 pm. All members, family, and friends are invited to attend. A reception will follow the ceremonies.

Post Officer Elections

The April Post meeting saw the following elected for officer positions for the next year:

Commander: Gregory E. Moscater
Senior Vice Commander: Eric Anderson
Junior Vice Commander: Thomas R. Kane
Quartermaster: Richard Hoffman
Chaplain: John Mayo Jones
Advocate: Michael C. Agresti
Surgeon: Mark M. Pando
3 Year Trustee: Louis Sparacino

3 Year House Committee: TBA

Ladies Auxiliary Officer Elections

The April Ladies Auxiliary meeting saw the following elected for officer positions for the next year:

President: Catherine Graham
Senior Vice President: Karen Stewart
Junior Vice President: Elsie Weeks
Treasurer: Gail Hoffman
Chaplain: Lola Kane
Conductress: Ruth Rodier
Guard: Marian McIntyre
Three Year Trustee: Catherine Kerns

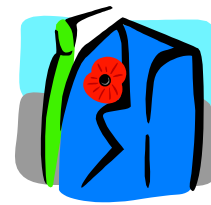
All new officers assume their duties when the new state officers are installed at the end of the state convention in Richmond in June.

Installation 21 May

Installation of new officers of the Post and the Ladies Auxiliary will be held at 2 pm on the afternoon of Saturday, 1 May. Please come by and offer your support for the team elected to lead our organizations through the next year. A buffet supper will follow the ceremonies.

Buddy Poppy

Enclosed you will find a Buddy Poppy with the compliments of John Lyon Post and Ladies Auxiliary. Wear it proudly over Memorial Day weekend. If you care to donate to the Relief Fund, an envelope is enclosed for your convenience. All such funds go to support veterans, their widows and orphans.



HELP THE BUDDY POPPY TEAM!

John Lyon members will be distributing Buddy Poppies over Memorial Day weekend plus the week leading up to the holiday. There will be some assembled kits available in the Post Home. If you are able to help out for several hours, sign-up and pick up a kit in the Post home or contact Connie Agresti for additional information.

All money collected from Buddy Poppies goes to replenish our Relief Fund, which, as everyone knows, has been used extensively to support veterans, their families, and active duty wounded from the War on Terrorism.

From the John Lyon Past...

The following article appeared in the Northern Virginia Sun on 28 April 1965...

VFW to Observe Loyalty Day

“ARLINGTON -- Loyalty Day Saturday will be co-sponsored in Arlington by John Lyon Post 3150, Veterans of Foreign Wars, in cooperation with other organizations. Loyalty Day is intended to dramatize citizens' fervent rededication to the patriotic defense of American freedom ideals.

“Ned Allred, Commander of the Post, explained today that Loyalty Day had been given official recognition by the United States Congress and the President.

“The Veterans of Foreign War created Loyalty Day to counteract Communist demonstrations against our American way of life,' Commander Allred declared. ‘The Reds were using May Day for special celebration of their revolutionary drive against all freedom principles. It was their number one day on which to shout hatred for our ideals and to wave their hammer and sickle flag under our noses.’”

Welcome to Our New Members

Welcome to new Post members, Frederick Brink (USMC - AFEM Vietnam), Michael Hollomon (USAF - Vietnam, Korea (Life)), Peter Kosutic - (USAF - Vietnam - Korea), Richard LePage (USAF - Desert Storm, Kuwait (Life)), Roberta Ogborn -(USAF - Korea Service), John M Woods (Army - Korea Service), Kenneth Clouse (Army - Korea Service), George Flanigan Jr (Navy - Vietnam (Life)), Nicholas Nelbach (Army - Iraq), Robert Rice (Army - Vietnam), Brian Robinson (Army - Somalia), and Letisha Robinson (Army - Sarajevo), all elected at the April meeting.

It is worth noting that we have, we believe, only the fourth set of husband-wife Post members in Brian and Letisha Robinson.

We also welcome new MIP member to the VFW: Jess Salazar and Brian Wenger.

Arlington Neighborhood Day Parade

Saturday, May 14 is Neighborhood Day in Arlington County. The annual parade will be one of the highlights. John Lyon Post and Ladies Auxiliary will march down Wilson Boulevard in the parade that begins at 2 pm. With about 420 Post members (and 130 in the Ladies Auxiliary) we hope for a great turnout. Commander Moscatel suggests the “VFW uniform” of shirt and tie, grey slacks, and blue jacket for the men and similar style for the ladies, but any attire which is neat and respectful of the organization, your service, and yourself will be acceptable. VFW caps, or any VFW insignia, are always appropriate. Meet at the Post 12:00 - 12:30.

Happy Mother's Day

Happy Mother's Day to all of our Mothers and wives! Wherever you are, you are close to our hearts.

Sunday brunch will be served on Mother's Day, 8 May, from 9 am - 1 pm. Members of the Post will take over as waiters to give some of our favorite ladies a well-deserved break from their normal routines. Bring your favorite lady and join us.

Cancer Aid and Research

Donations for Cancer Aid and Research are being accepted by the Ladies Auxiliary during May and early June for presentation during the Department Convention in June. If you care to donate, send your check to Treasurer Gail Hoffman at the Post address.

District Convention

The Tenth District Convention will be held at 1 pm on 22 May at Dale City Post 1503 (14631 Minnieville Road, Dale City VA 22193, 703-670-4124). All Post and Ladies Auxiliary members are invited to attend. Various awards are expected to be presented and / or announced and District elections and installations will be held. Several John Lyon Post and Auxiliary members are running for office.



Rangers Schedule

10 April	1:30	Won 20 - 1	
12 April	5:30	Lost 9 - 3	
16 April	1:00	Won 19 - 5	
18 April	6:00	Won 9 - 8	
23 April	9:30	Kenmore	
25 April	6:00	Highview	
30 April	5:30	Kenmore	
2 May	6:00	Highview	
7 May	5:30	Highview	
10 May	6:00	Highview	
14 May	5:30	Highview	
17 May	6:00	Highview	
21 May	1:00	Kenmore	
25 May	6:00	Highview	
1 June	6:00	Highview	
June 4	5:30	Kenmore	
7 June	6:00	Highview	rain date
7 June	5:30	Kenmore	rain date
8 - 15 Jun	Tournament	TBA	

Games are easy to get to and to park at. Games are at Kenmore (Middle School), Arlington Blvd and Carlin Springs Road (Turn south from Arlington Blvd onto Manchester Street, then east onto the frontage road, turn south on 2nd) and High View Park (between North Cameron and North Dinwiddie street, just south of Lee Highway). As of 19 Apr, the Rangers have won three and lost one. For more information, see <http://www.arlingtonlittleleague.org/data/2005/2sched2005.htm>

Department Convention

June 16-19, 2005 State Convention, Sheraton Richmond West Hotel, 6624 West Broad Street, Richmond, Virginia, 23230. Telephone 804-285-1234. Room rates are \$82 pre night. Register before 16 May, 2005 to get VFW rates. Saturday night banquet tickets must be purchased by 10 June. Contact the Post by 1 June if you will attend banquet.

Post Membership 100%

Post membership has edged over 100%. Many thanks to those who responded in the last weeks and sent in their renewals or applications for membership for 2005. The Post greatly appreciates your support, as well as that of members who renewed earlier.

Marching off...

William Heavey, a resident at the VA Hospital Nursing Home in Washington, DC, on 19 December 2004. He was buried in Arlington National Cemetery.

Vet Center Counseling for Family Members of Deceased Service Members

Sadly, Virginia has not been immune to the grief of sudden loss of our brave men and women in uniform during the Global War on Terrorism. Often the family's anguish continues long after the Casualty Assistance and Care Officers (CACO) have departed. It is incumbent upon the VFW to assist these Gold Star families in their times of need. One way is by knowing avenues available to them. One of these avenues is through the VET Centers. The storefront offices are familiar to many PTSD sufferers but their mission has been recently expanded to include grief and adjustment counseling to widows and widowers, parents, grandparents, children, and siblings of deceased personnel, regardless of their status as active duty, reservists, or National Guard. Additional information may be obtained from the VA's Readjustment Counseling Service at 202-273-9116 or via e-mail at vet.center@hq.med.va.gov. VET Centers are located in Alexandria, Norfolk, Richmond, and Roanoke.

M. C. "Connie" Agresti

District 10 Service Officer

(Source: April General Orders, Dept of Virginia)

Canteen Corner

I would like to welcome Sue Smith to the Canteen. Sue will be working Saturdays from 12 - close. Be sure to come by and give her a big John Lyon hello.

Lunch is served Monday through Friday from 11-3 and Friday 11-5. The new hot plate specials have been successful thus far. If you would like to make a suggestion for a hot plate special, please contact me at the Post.

Lisa McCoy, Canteen Manager

LST Visit

LST-325, which had to cancel its visit to the Washington area a year ago, is scheduled to arrive in Alexandria, VA on Thursday, 26 May and depart late on Monday, 30 May. The ship will be located at Robinson Terminals, Old Town Alexandria, VA.

The LST-325 was launched on 27 October 1942 and commissioned on 1 February 1943, and saw World War II service in the Mediterranean and supported the beaches in Normandy in the days following D-Day. She was decommissioned following the war, later seeing service in the north Atlantic and spending from 1964 to 1999 in the Greek Navy. It was reacquired and is one of only two World War II LSTs to be preserved in the United States. For further information on the ship and her visit, see <http://www.lstmemorial.org/default.htm>



Watch out for kids playing in the warmer weather!

Newsletter Online

The John Lyon Gazette may now 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 near the first of each month. It will be in PDF format. You can download a PDF reader for free from the Internet.

Three Year House Committee Seat to Be Filled

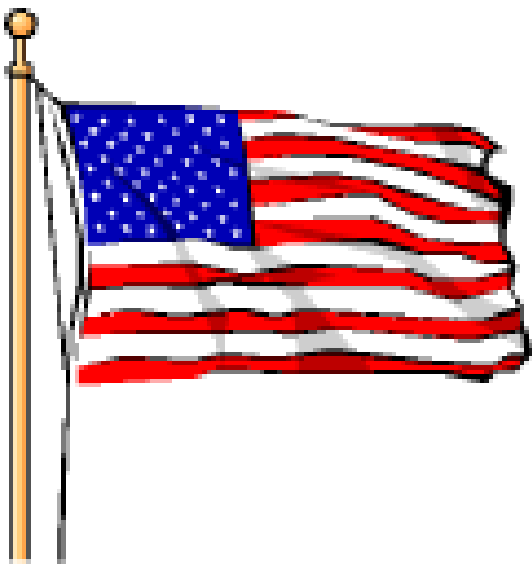
The Three Year Member seat on the Post 3150 House Committee will be vacant in June. A new member will be elected in May. Anyone interested is urged to attend the May Post meeting on the 12th or send a note to the Commander or Senior Vice Commander of his/her willingness to serve in this position.

Sunday Brunch

Sunday Brunch continues into through the Spring on the second and fourth Sundays of the month, from 9 am to 1 pm. All you can eat from our menu for \$5.00. Children under 10 eat free.



A U.S. flag which flew over the Kabul Compound in Kabul, Afghanistan on 25 February 2005, during Operation Enduring Freedom, hangs in the Post home. The flag was sent to the post by a neighbor currently serving in Kabul.



Loyalty Day
1 May 2005
2 pm

VFW Post 3150
and
Ladies Auxiliary 3150



Recent Events Around the Post



<<< Ben Smith, Post 3150's Eagle Scout of the Year, receives his award and congratulations from Greg Moscatel at ceremonies following the recent Crab Cake Dinner held at the Post. It was learned that day that Ben had also been named the Tenth District Eagle Scout of the Year. He will receive that award at the Tenth District Convention in May

A Post 3150 Color Guard, comprised of >>> (left to right) C.D. "Doc" Crouch, Tom Kane, J.Gary Wagner, and Greg Moscatel, led the parade of teams the Opening Night Ceremonies of the Arlington Little League. Here they stand at rest while Little League teams pass the reviewing stand. The opening ceremonies were followed by the third annual John Lyon Memorial Game.



<<< Following the Opening Night ceremonies of the Arlington Little League, members of the post met with the Majors 2 Rangers coaches and team which Post 3150 sponsors. Behind the players are Rangers Assistant Coach Sue Williams, Tom Kane, Greg Moscatel, J. Gary Wagner, and Coach Don Eiss, and "Doc" Crouch. See story elsewhere on Little League Ranger schedules and standings.

Recent Events Around the Post



<<< Arriving for a hospital visit at the V.A. Hospital in Washington are Greg Moscatel, Mark Pando, and J. Gary Wagner. The group distributed fresh fruit and magazines to residents of the nursing home at the V.A. Center.

Two members of Boy Scout Troop 624, >>> St Anne's School in Arlington, accept a box of faded and tattered flags from Senior Vice Commander Thomas Kane, while Assitant Scout Master Bob Miller of Troop 624 looks on. The Scouts will retire the flags during their summer encampment.

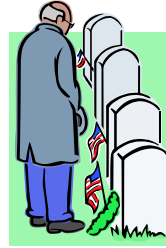


<<< Cathy Graham, Gigi Cruz, and Cathy Kerns prepare a plate during the recent 3150 Ladies Auxiliary Crab Cake Dinner. The annual dinner was held to raise funds for the Ladies Auxiliary's Cancer Aide and Research drive. The evening was well attended and netted a nice return on their efforts.



VFW 3150

May 2005



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 LOYALTY DAY 2pm Vietnam Vet Cookout 2- 5 pm	2	3	4 Movie Night	5	6	7
8 MOTHERS DAY Sunday Brunch 9 am - 1 pm	9	10	11 Movie Night	12 Post Meeting 8 pm	13	14 Arlington Cty Parade 2 pm
15	16 House Committee 7:30 pm Post O Call 8 pm	17	18 Movie Night	19 Ladies Aux Meeting 7:30 pm	20	21 Post 3150 & Ladies Aux Installation of Officers 2 pm
22 Sunday Brunch 9 am - 1 pm 10th District Convention Post 1503 1pm	23	24	25 Movie Night	26	27 Columbia Gardens & National Meml Graves Decoration 12:30 pm Deli Buffet 5 - 7pm	28 Arlington Natl Cemetery Graves Decoration 8:30 am Cookout 3 - 7 pm
29 Special Sunday Brunch 9 am - 1 pm Bar BQ 4 - 7 pm	30 MEMORIAL DAY John Lyon - 11 am Clarendon - 1 pm Open House 2 pm	31				

Dinner & RSVPs: 703-525-0108

Memorial Day 2005



On Memorial Day Weekend 2004, the grave of Post Charter Member Thomas Tuomey and Ladies Auxiliary Charter Member Eleanor Tuomey in Arlington National Cemetery is decorated with wreaths by John Lyon members. Post 3150 and Ladies Auxiliary members place a John Lyon wreath on the graves of members and their families in Arlington National Cemetery, Columbia Gardens, and National Memorial Cemetery during Memorial Day weekend. According to Post records, the tradition began on Memorial Day 1946.

Post 3150 Memorial Day Weekend Schedule 27 - 30 May

Fri: 12:30 pm: Meet at Post for Columbia Gardens and National Memorial Cemetery graves decoration.
5 - 7 pm: Deli Buffet

Sat: 8:30 am: Meet at Post for Arlington Cemetery graves decoration.
3 - 7 pm: Cookout: hot dogs and hamburgers

Sun: 9 am - 1 pm: Special Sunday Brunch
4 - 7 pm: Cookout: barbecued chicken

Mon: 10 am: Principals meet at Post
11 am: "John Lyon Memorial", Cherrydale
1 pm: Clarendon War Memorial
2 pm: Open House: Deli Buffet

Throughout: Buddy Poppy Distribution
DJ Music every evening.

