

The John Lyon Gazette

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April 2007



Veterans of Foreign Wars
John Lyon Post #3150
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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, and 2006;
Best Newsletter in the Nation, 1999, Second Place 2006

VFW Post 3150 in 2007

This issue makes the seventh annual look at the makeup of John Lyon Post. This year's tally of Post 3150's membership shows that, on the whole, we are well represented across the board. Persian Gulf / Desert Storm veterans make up our second largest block after Vietnam vets. World War II veterans now rank fourth behind all Korea vets. Iraqi Freedom / Afghanistan / GWOT vets are coming up fast. About one third of our current members have qualified since Vietnam vets came home. Considering the relative size of the different branches of the services, we are fairly well represented there, too. To keep our tallies comparable from year to year, those were counted who were on the membership roster last July 1st plus new members who have joined since. Some members were in more than one service or war so the numbers don't add up exactly. Current memberships total 466. The results, shows that we were in the...

Army	219	Libya	4
Navy	112	Grenada	3
USMC	78	Lebanon	12
USAF (including AAF)	76	El Salvador / Panama	2
USCG	5	Persian Gulf / Desert Storm	83
		Haiti	2
		Somalia	2
		Bosnia / Kosovo	14
World War II	69	Afghanistan / GWOT	19
Post War Europe/Occupation	13	Iraqi Freedom	29
Post War Asia/Occupation	2	Other Expeditionary	6
Korean War	40		
Taiwan Straits	2	Above includes 18 women:	
Dominican Republic / Cuba	2	Post WW2 Occupation	1
Vietnam / Southeast Asia	216	Persian Gulf / Desert Storm	8
Korean Expeditionary	6	Korea / Bosnia / Somalia	5
Korean Service	31	GWOT / Iraq / Afghanistan	7

From The Commander:

April is here already. Hard to believe the year is almost at an end. June will be here before you know it and your new officers will be taking the reins. REMINDER- The April 12th meeting will be the last chance to make nominations. At the closing of nominations we will hold our elections. Your chance, for your voice to be heard. Hope to see a good turnout. Best of luck to all.

On March 11th, during our brunch, we had the distinct pleasure of having Glen M. Gardner, Jr., our Junior Vice Commander-in-Chief, pay a visit to our Post. I was able to take a few moments away from the kitchen and speak with him. I found him to be very down to earth and easy to talk to. I also got the feeling he was very impressed with our home as I think most who spoke with him did. I left him in good hands saying I knew where my duty station was and I had to get back to work.

The St. Patrick's Day dinner on the 17th, in fact the entire weekend, was a great success. You might say we had wall to wall people the whole weekend. Partly, because of the activities going on in D.C. We saw several folks we haven't seen since last Veterans Day and a whole bunch of new faces. A great time for all. My thanks to all who helped out during the weekend. Well done.



It is starting to get a little warmer and about time to think about sprucing up the Post home property. Picking up all those good things that collect during the winter, leaves, twigs, trash etc. You know, I really didn't need to say that. We do have scheduled for the 14th of April, not only our quarterly Highway Cleanup, but a Post home cleanup. Fancy that. See you there.

Til next time.

Yours in comradeship,

Eric Anderson
Commander, VFW Post 3150

From the President

The month of March has been very busy for the Post and Auxiliary. During our last brunch we served 187 meals which include individual orders, reorders, guests from Walter Reed, help and children. On that same day we received our largest amount in tips all of which goes to support the Auxiliary programs throughout the year. An example is at last month's meeting the Auxiliary voted to renew 10 subscriptions to the *Reader's Digest* which will be sent to the troops. We also voted to send \$50 in support of the VFW National Home Awareness Week March 25-31. I want to thank all of you who support us so generously by participating in our brunches, dinners and raffles. If you would like to learn more about our programs, come to our next meeting on Thursday, April 19 at 7:30 p.m. We will also have election of officers at that time.

April appears to be equally busy --- with an Easter Sunday Brunch on April 8th. We have planned an Easter Egg event: plastic eggs filled with goodies such as free breakfasts, money, etc. The annual crab cake dinner is scheduled for April 27th. This year a special guest chef will be preparing the crab cakes. Believe me they are delicious!! Look for the sign-up sheet in the Canteen. Please check the last page for our April calendar and events.



With Spring here today, it is time for all of us to plan our gardens. Don't you wish you could find your left over seed packets from last year? I hope to get an early start on mine as soon as it warms up a little more.

Enjoy the warmer weather and the returning birds. It is noisier in the morning but it's a happy noise. Happy Birthday to those of you with April birthdays.

/s/

Karen Stewart

Post Officer Nominations

The March meeting of the Post included the following nominations for officer positions for the next year:

Commander: Eric Anderson
Senior Vice Commander: Michael Holtz
Junior Vice Commander: Gerald L Peterson
Quartermaster: Richard Hoffman
Chaplain: Ralph Huston
Advocate: M. Conrad Agresti
Surgeon: Mark M. Pando
3 Year Trustee: Kenneth H Jansen

3 Year House Committee: Thomas R. Kane

Post nominations remain open and additional ones, including for Post Chaplain, may be made at the **April meeting --- Thursday, 12 April ---** when elections will be held.

The **Ladies Auxiliary** will nominate and elect at their meeting on **19 April**. All new officers assume their duties when the new state officers are installed at the end of the state convention in Richmond in June.

Corporate Meeting

The annual meeting of the John Lyon Corporation will be held in connection with the Post meeting on Thursday, 12 April. Corporation officers will be elected.

Post / Highway Cleanup Scheduled

Highway Cleanup is scheduled for Saturday, 14 April. Meet at the Post at 8:30 am for coffee and doughnuts. Wear long pants and hard-soled shoes. The Post has gloves, safety vests, and levered pick-up sticks for those of us who find bending over a lot is a sure way to some stiff joints and a sore back. With a good turnout, we can be done in about 90 minutes. Come help us earn those "Adopt-a-Highway" signs on Lee Highway. If you don't want to walk the roads and fields, drop by the Post for Post Cleanup that same day.

Marching off...

Post Chaplain Ralph W. Huston

On Wednesday, 21 March. He was 83 and a Marine Corps PFC and a World War II veteran, assigned to the Pacific area. He fought in the battles of Tulagi and Guadalcanal and received a Purple Heart on 2 November 1942. No arrangements are known at press time; however, he is expected to be buried at Arlington National Cemetery.

Welcome to Our New Members

Welcome to new Post members David Edwards (Navy - Vietnam) (Life transfer) and Richard Amison (Army - Bosnia/Afghanistan/Iraq) (Life) recruited by state) elected at the March meeting.

Hospital Visit

A Hospital Visit to the Washington VA Hospital Nursing Home is scheduled for Saturday 7 April. Meet at the Post at 12:30 pm and car pool to the hospital. Come help us bring a bit of cheer to our veterans. A special event this visit will be to celebrate the 100th birthday of "Moe", a favorite of John Lyon members.

Crab Cake Supper

The 3150 Ladies Auxiliary will again hold its annual Crab Cake dinner this spring. The dinner will be Friday, April 27th, 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.

John Lyon Color Guard to Open Arlington Little League Ceremonies

A John Lyon Color Guard will lead the parade of teams at the opening ceremonies of the Arlington Little League season, on Sunday, 15 April. The opening ceremonies are scheduled for 200 pm at Field #1 on Barcroft Park, 4200 South. Four Mile Run Drive in Arlington. All members are invited to attend the ceremonies and the opening game.

This is the sixth year the post has sponsored a team. Following our initial sponsorship of the Majors 2 Orioles ---- which won the tournament championship --- the last four years we sponsored the Majors 2 Rangers. The schedule of games has not been released as we go to press. It will be available in the Post and you can also check the Little League website at www.arlingtonlittleleague.org/

State Convention Provides a Rare Opportunity

The Department of Virginia's state convention, to be held June 14-17, 2007 at the Sheraton Richmond West Hotel, provides a rare opportunity for John Lyon members. 3150's State Commander C.D. "Doc" Crouch will preside over the VFW and joint sessions. Not since George Dalby was State Commander in 1955 has this position been held by a member of Post 3150. John Lyon members are invited to attend all or part of this special occasion. Additionally, awards will be presented Thursday evening at 7 pm, including the award to Albert Lewis and Detective Kenneth Giles, Post 3150's Department of Virginia Elementary School Teacher of the Year and Law Enforcement Officer of the Year, respectively. The Post and Ladies Auxiliary are also in contention for other state awards. Group room rates at the Richmond Sheraton West are \$87.00 per night. For hotel reservations, call 804-285-2000. Reservations must be made by mid-May for the group rate. Those planning to attend should let the Post know so that we can coordinate several events with you.

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.'

State Commander & President's Homecoming

The annual "Homecoming" celebration for Virginia's State Commander and Ladies Auxiliary President --- this year Post 3150's "Doc" Crouch and Rebecca Mason of Ladies Auxiliary 10387 --- will be held Saturday, 21 April, from noon till 5 pm at the Third District Headquarters, 1044 Pamunkey Road, Mechanicsville, VA 23116. John Lyon members are invited to attend.

Sunday Brunch

Sunday Brunch continues into 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.

Returning Combat Vets

Because of the importance of proper medical care for our soldiers returning from overseas, the following news releases are presented in their entirety...

Federal Task Force Launches Web Site Secretary invites feedback on services

WASHINGTON (March 15, 2007) – Secretary of Veterans Affairs Jim Nicholson, head of the new inter-agency task force examining the processes for combat veterans seeking services and benefits from the Department of Veterans Affairs (VA) and other federal agencies, announced the creation of a dedicated Web page to solicit input on the ease of accessing federal services.

“As the task force moves forward in studying how we can enhance services and cut red tape, we believe it’s important to provide veterans, their family members and others with the opportunity to share their ideas and experiences,” said Nicholson.

People can email their comments to the task force at TFHeroes@va.gov or fax comments to 202-273-9599. Task Force information and mailing address can be obtained on the VA home page, www.va.gov/taskforce.

The Web page allows active duty service members, veterans, family members and others to comment directly to the task force on the accessibility, timeliness and delivery of services. Comments will be studied by the task force, used in the panel’s evaluation of gaps in service and form the basis of recommended solutions.

Called the “Task Force on Returning Global War on Terror Heroes,” the panel consists of the secretaries of Defense, Labor, Health and Human Services, Housing and Urban Development, and Education, plus the administrator of the Small Business Administration and the director of the Office of Management and Budget.

Under the terms of the executive order creating the task force, the group has 45 days to identify and examine existing federal services for returning Global War on Terror service members; identify gaps in such services; seek recommendations from federal agencies on ways to fill those gaps and ensure that appropriate federal agencies are communicating and cooperating effectively. (*VA News Release*)

Nicholson Announces 100 New Patient Advocates for Wounded

Secretary Pledges Support for Presidential Commission, Continued Outreach

WASHINGTON (March 6, 2007) - Continuing the strong support of the Department of Veterans Affairs (VA) in meeting the needs of returning combat veterans, Secretary of Veterans Affairs Jim Nicholson announced the Department is immediately hiring 100 new patient advocates to help severely injured veterans and their families navigate VA's systems for health care and financial benefits.

"Even in a system like VA's, that now has over one million patient visits a week and is rated by many as 'the best health care system in the country,' even one veteran not receiving world-class care is unacceptable," Nicholson told a meeting of senior leaders of the American Legion.

The VA secretary said the 100 new patient advocates will be veterans of the combat theaters in Iraq or Afghanistan. Their job will be to ensure a smooth transition for wounded service members to VA health care facilities throughout the nation, while also cutting through red tape for other benefits.

The Department's network of four "polytrauma centers" -- in Minneapolis; Tampa, Fla.; Richmond, Va.; and Palo Alto, Calif. -- that care for the most seriously injured veterans, has recently been expanded with 17 additional facilities, designated as "polytrauma networks sites," which will provide world-class care at locations closer to home for more veterans.

"VA has adapted - and will continue to adapt - its health care system to the unique medical issues facing our newest generation of combat veterans, while locating services closer to where veterans live," Nicholson said. He noted that all VA health care professionals are now receiving mandated training in diagnosing "traumatic brain injury," or TBI, which frequently involves brain injuries without apparent exterior wounds. VA will soon

also begin screening all its patients who are veterans of the Global War on Terror for TBI.

"To ensure VA is taking advantage of the latest technology, treatment, innovations and diagnostic insights, VA will establish a panel of outside experts to review our polytrauma system of care, including our TBI programs," Nicholson said. VA operates the nation's largest integrated health care system, with 5.8 million patients expected this year - including 209,000 veterans of Operation Iraqi Freedom and Operation Enduring Freedom -- at 1,400 sites of care, including 155 hospitals, nearly 900 outpatient clinics and 135 nursing homes. (VA News Release)

Hours for Post Canteen

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	3 – 9 pm
Fri	3 – 10 pm
Sat	12 noon–10 pm

A John Lyon Hello ...

To all Post and Ladies Auxiliary members who work long hours feeding our members and guests. During the last month, this has included the great kitchen and dining room staffs who worked the Spaghetti Dinner, St Patrick's Day dinner and two Sunday Brunches. Thanks to you for all you do!



Warmer Weather = More Kids on the Streets

Desert Storm / Persian Gulf Cease Fire

The anniversary of the Persian Gulf Cease Fire at the end of Operation Desert Storm will be marked by a short ceremony on Thursday, 12 April at 7:30 pm. All members, but especially those veterans of the 1990s Iraq war, are invited to attend. The monthly Post meeting will follow at 8 pm.



15 - 21 April National Volunteer Week

Be a Volunteer! Join us for Highway Cleanup on Saturday, 14 April

What Happened to the March Newsletter?

A number of members have asked about their March newsletter. The newsletter is sorted and bundled by zip code at the Post and this issue was delivered to the bulk mail department of the Postal Service at Merrifield, VA on Friday, 23 February. Many members did receive it in a timely fashion indicating that it was indeed quickly processed. While no specific survey was done, it seems that members living in the same zip code or general area received theirs, while others did not. Either a few bundles got misplaced or the local delivery postal unit had some problems with this third class mail. Some out of state ones with a bad address were returned to the Post before others received theirs.

Recent Events Around the Post



Junior Vice Commander in Chief Visits Post 3150

<<< VFW Junior Vice Commander-in-Chief Glen Gardner attended Post 3150's Sunday Brunch during his recent tour of Virginia posts. Here he receives a membership transmittal from Commander Eric Anderson. Gardner, who was escorted by State Commander "Doc" Crouch and other Virginia state officers, also visited with John Lyon members, some of the Walter Reed troops and inspected the Post 8208 troop bus during his Sunday morning visit.

Commander Eric Anderson (center) >>> presented certificates of appreciation for their service in Afghanistan or Iraq to Post 3150 members (l to r) Kevin Tyson, Max Taylor, Christine Schmidt and Mike Holtz, during the recent welcome to Afghanistan, Iraq, GWOT veterans & 45 and under members night held at the post. All four served in Iraq, while Taylor also served in Afghanistan. The event was part of an on-going series of such events intended to welcome our youngest members and introduce them to each other and other members.



<<< Past Virginia State Commander Dan Boyer (left) and Past National Commander in Chief Paul Spera take a break during the recent spaghetti dinner at the post. The event was held in connection with the National Community Service and Legislative Conference held in Washington, DC. The Post hosted about 130 diners from various state delegations from around the country --- and even the world --- during the conference.

VoD, Patriot's Pen, Teacher, Police Gold Medal Awards



**Patriot's Pen First Place
Ashley R Smith
Home Schooled**



**Voice of Democracy First Place
Rebecca M Spellerberg
Bishop Denis J. O'Connell**



**Middle School Teacher of the Year
Betsy Clevenger
Swanson Middle School**

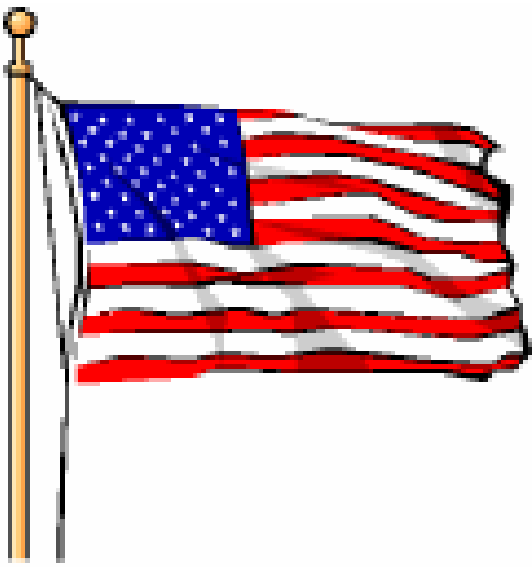


**Elementary School Teacher of the Year
Albert Lewis
Patrick Henry Elementary School**

**Les Albers
Washington & Lee High School
High School Teacher of the Year
(unable to attend)**

**Police Gold Medal Award
Detective Kenneth Giles
Arlington County Police Department
(photo not available)**

Awards presented by Commander Eric Anderson and President Karen Stewart. The ceremony was emceed by program chairman and Junior Vice Commander Michael Holtz.



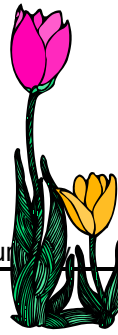
Loyalty Day
1 May 2007


VFW Post 3150
and
Ladies Auxiliary 3150



VFW 3150

April 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 John Lyon born 2 Apr 1893	3	4 Movie Night	5 	6 Scottish Tartan Day	7 VA Hospital Visit 12:30 pm
8 EASTER SUNDAY Sunday Brunch 9 am - 1 pm	9 House Committee 7:30 pm Post O Call 8 pm	10	11 Movie Night	12 Post Meeting 8 pm ELECTIONS Persian Gulf Cease Fire 7:30 pm	13	14 Highway Cleanup 8:30 am
15 Arlington Little League Opening 2:00 pm	16 TAX DAY	17	18 Movie Night	19 Ladies Aux Meeting 7:30 pm ELECTIONS	20	21 State Commander & President Homecoming
22 Sunday Brunch 9 am - 1 pm	23	24	25 Movie Night	26	27 Auxiliary Crab Cake Supper 5 - 8 pm	28
29	30	1 May LOYALTY DAY				

Dinner RSVPs: 703-525-0108

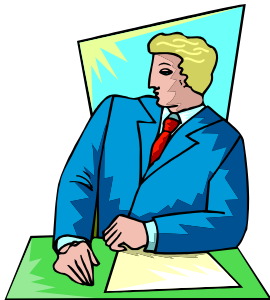


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“All American Post”
Veterans of Foreign Wars
2116 North 19th Street
Arlington, Virginia 22201-3514

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**Post Elections &
Corporate Meeting**
Thurs, 12 Apr 07
8 pm

**Ladies Auxiliary
Elections**
Thurs, 19 Apr 07
7:30 pm