

The John Lyon Gazette

Volume 20, Number 9

April 2014



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



The John Lyon Gazette: Winner of 1999, 2003, 2004, 2007, 2009, 2010, and 2011 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of National Awards for 2010, 2011

VFW Post 3150 in 2014

Iraq - Afghanistan vets remain #1

This issue makes the thirteenth 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 still well represented across the board. Iraqi Freedom / Afghanistan / GWOT vets remain the largest block if counted together, passing Vietnam vets two years ago, our largest group when this survey started in 2001. Persian Gulf / Desert Storm veterans make up our third largest block. 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 and completed all their paperwork. Some members were in more than one service or had multiple deployments and are counted for each, so the numbers don't add up exactly. And we still lack some data from an earlier disk crash which has not yet been recovered. Current memberships total 574. The results show that we were in ...

World War II	29	Other Expeditionary	22
Post War Occupation	20		
Korean War	35		
Taiwan Straits	2	Army	345
Cuba	2	Navy	120
Vietnam / Southeast Asia	219	USAF (including AAF)	95
Korean Exped / Service	71	USMC	105
Libya	2	USCG	3
Grenada	1		
Lebanon	13		
El Salvador / Panama	4		
Persian Gulf / Desert Storm	117	Includes 46 women:	
Haiti	6	Occupation	3
Somalia / Horn of Africa	3	Korea Service	12
Bosnia / Kosovo	33	Persian Gulf / Desert Storm	12
Afghanistan / GWOT	131	Haiti	1
Iraqi Freedom	207	Bosnia / Kosovo	4
SSBN	2	Iraq / Afghanistan / GWOT	31

From The Commander:

Dear Friends,

Spring is here...and it would be nice not to still have snow in the forecast. Although it may bring about some allergies I'm sure that everyone is looking forward to some warmer weather. I'm hopeful to be able to break out the old Harley here soon and to make some noise. The new season also brings with it the time to elect new officers for the Post and Auxiliaries. If you are interested please reach out to me or other post officers as there may be a position that fits you well. The different positions are another way in which you can volunteer to serve your post and community.

I want to take a moment and thank you for the overwhelming support in response to my request for volunteers in recent newsletters. It was great to see so many step forward in the past brunches! If Sunday's aren't a good day for you, there are other events at the post. Hospital visits, highway clean-up, etc. that take place on different days. Reach out to the post for upcoming volunteer opportunities. You can also find out what upcoming events are available through the post or our website. Facebook has some updates too.

We are looking for a few good ideas too...This past month a new change on how we participate at the VA Hospital in DC took place with much success. Members from the Post made their way to DC to assist patients in playing Bingo for the day. From all accounts, I would say the event was a great success with nothing but laughs and smiles to talk about. It seemed that it was more fulfilling and engaging for our members than what has been experienced in the past. The limited time to visit each room when passing out fruit does not allow for much interaction. Bingo allowed both members and patients to enjoy one another and the company longer.

In closing, we look forward to continued support of the Post, Post events, etc. whether through volunteering, donations, or through presenting new ideas of how the post outreach within the community can continue to succeed and expand. Semper Fi!

Respectfully,

Michael McCartney,
Commander, VFW Post 3150

Loyalty Day?

You will notice elsewhere in this newsletter that May 1st is Loyalty Day. “What is Loyalty Day?” some of our newer members may ask.

In April 1965, Post Commander Ned Allred explained in the *Northern Virginia Sun*: “The Veterans of Foreign War created Loyalty Day to counteract Communist demonstrations against our American way of life...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.”

According to *History - Department of Virginia - Veterans of Foreign Wars of the United States - 1919 – 1969* (page 219): “Designed to stimulate and promote nationwide expression of Americanism and Patriotism, May 1st was established by the National V.F.W. in 1947 as ‘Loyalty Day’; as an occasion for general observance and reaffirmation of our country’s basic concepts of Freedom...Gaining in significance and recognition yearly, it has within two decades developed into the Nation’s most outstanding observance of its character, to become declared by Congress as ‘a special day for public reaffirmation and demonstration of strong loyalty to country by all true citizens.’” Recent events in the Ukraine, the Middle East and elsewhere around the world continue to make Loyalty Day as appropriate for the Twenty-first Century as for the previous one.

From the President of the Ladies Auxiliary:

Hello All!

Hopefully spring has finally come to chase the snow away! Let us hope the road crews are just as quick to repair the pot holes! One can hardly drive anywhere without encountering one or two. Tulips are popping out of the ground; the forsythia is beginning to bloom at the Giant on Washington Boulevard. Yippee!

Enough of that. I would like to invite our local auxiliary members to attend our April meeting on April 17th. We will be holding our elections on that evening. The meetings begin at 7:30 p.m., they normally last no more than 45 minutes. All members are welcome. In fact, members are welcome to attend all meetings.

Please check the calendar on the last page for Post events; all members and friends are welcome to attend our functions.

Come by the Post to see for yourself what is happening!

Karen Stewart, President



Happy Easter

From the President of the Men's Auxiliary:

Spring is officially here – a time for regrowth. Don't forget to include our Post Home in your plans as you shake off the winter cold and welcome the spring warmth. The Post is only as good as the people who patronize it, support it, and help it along in times of need. If you have not been by in a while, stop in and reacquaint yourself with old friends or possibly meet some new ones.

You can always check the Post calendar or give us a call to see what special activities may be coming up. There is usually something for everyone in a month's time. You can always just stop in for a beverage or two and enjoy an appetizer before heading home.

Remember that Election of Officers will be held at our April meeting. All members in good standing are eligible to run for office. If you are interested in becoming an officer and cannot attend the meeting, you must submit your acceptance of nomination/ election in writing. Please try to attend this meeting, as it is one of the most important meetings of the year.

I would like to thank the Men's Auxiliary officers for stepping up during my absences. It is just one more thing we do well together as a team. One person is never the sole source of good achievements. It takes many and they may often be "behind the scenes". But remember, they are there, never the less!

Until next time

See you around the Post,

Wilbur Rawlings

President, Men's Auxiliary 3150

Welcome to Our New Members

Welcome to new Post members, Mark Connell (USAF-Iraq/GWOTEM) and Brendan Gehrke (USMC-Iraq/Afghanistan), both Continuous Transfers whose paperwork is complete and who were elected at the March meetings.



John Lyon Color Guard to Open Arlington Little League Ceremonies

A John Lyon Color Guard will present the National Colors during the opening ceremonies of the Arlington Little League's 28th Anniversary season, on Sunday, 6 April. The opening ceremonies are scheduled for 2:00 pm at Field #1 on Barcroft Park, 4200 South Four Mile Run Drive in Arlington. A Post 3150 Honor Guard will present the colors. Members are invited attend the ceremonies and the regular season baseball games.

This is the fourteenth year the post has sponsored a team. Following our initial sponsorship of the Majors 2 Orioles ---- which won the tournament championship --- for nine years we sponsored the Majors 2 Rangers and last three years the Majors 2 Red Sox. Majors 2 is a AAA level team.

New Officers to be Selected

Nominations for Post officers for the Year 2014-2015 will continue during the April meeting in connection with elections. 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, guard, and publicity chairman to be filled. This is a way to bring your ideas for the Post's future!

The **Men's Auxiliary** will nominate and elect at their meeting on **8 April** while the **Ladies Auxiliary** will nominate and elect at their meeting on **17 April**.

All new officers will be installed in May but will not assume their duties until the new state officers are installed at the end of the state convention in Williamsburg in June.

Corporate Meeting

The annual meeting of the John Lyon Corporation will be held in connection with the Post meeting on Thursday, 10 April. Corporation officers will be elected.

VFW: No one does more for Veterans!

Hours for Post Canteen

The Post Canteen is open as follows:

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

Post may close early if no one there.

You can call 703-525-0108 to check if still open.

Bring Your Membership Card

Members of the Post and the Auxiliaries are reminded to show their membership cards to the on-duty manager when entering the Post home. ABC Rules require it! Remember: Membership remains a privilege to be guarded.

You Are Expired!

If your membership card says "2013" on it and you have not renewed for 2014, your membership has expired. To get reinstated, send in your renewal now!

Post / Highway Cleanup 19 April

Highway Cleanup is scheduled for Saturday, 19 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. The rain date is 26 April.

Upcoming Next Month

Not counting Sunday brunches and the normal meetings, the following are the highlights of next month's calendar. See next month's newsletter for more details.

Thur, 1 May: Loyalty Day

Sat, 17 May: Installation of Officers, 2 pm

Sun, 18 May: District Convention, Post 1503, 1 pm

Fri, 23 May: Grave Decoration, National Memorial & Columbia Gardens, 12:30 pm at Post

Sat, 24 May: Grave Decoration, Arlington National Cemetery, 9 am at Post

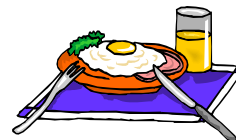
Mon, 26 May: Memorial Day Ceremonies:

John Lyon Memorial, 11 am

Clarendon War Memorial, 1 pm

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 Friday, 11 April at 7:30 pm. All members, but especially those veterans of the 1990s Iraq war, are invited to attend.



Sunday Brunch \$8.00

9 am - 12 noon

Second and Fourth Sundays

Kids under 10 years eat free

Tax Scams

It's income tax time again and the scammers are trying to get the rest of our money. The government does NOT do business via the phone or email. Do NOT respond to phone or email requests for your bank account, social security number and other similar info. No matter what the webpage looks like or how nice the voice, THOSE are the bad guys!

State Convention

The Department of Virginia's state convention will be held 5 – 8 June 2014 at the Fort Magruder Hotel and Convention Center, 6945 Pocahontas Trail, Williamsburg VA 23185, telephone 757-220-2250. Room Rate: \$87.00. Reserve room by 14 May 2014 to insure group rates.

National Convention

The National Convention will be held 19 – 23 July 2013 in St Louis, MO. The assigned hotel for Virginia is the Hyatt Regency (at the Arch). Special Room rates are available until 13 June. You may reserve by Internet, phone, mail, or fax. Go to <http://www.vfw.org/115convention/> for info or to reserve, or see the VFW magazine. One member reported that the hotels are filling up, so quick action is recommended.

**Warmer Spring Days.
Watch out for
children playing
outdoors.**



Brunch Alum Wins Silver in Paralympics

Heath Calhoun, a 101st Airborne vet who lost both legs in an attack in Iraq in 2003, is a two-time Paralympian. He competed in 7 races for the USA Paralympic team in alpine skiing events in Sochi, winning the silver medal in the men's sitting super-combined event. (Search his name on the Internet for more info.) Calhoun used to attend, with his wife and baby, the 3150 Sunday Brunches when he was at Walter Reed. For a number of recent years Post 3150 hosted military members recuperating at Walter Reed and their families at its Sunday brunches. The free brunches ended when war activity decreased, we lost our bus and Walter Reed moved to Bethesda, although occasionally an injured soldier still appears on his own.

Veteran Scholarships

VFW and Sport Clips Haircuts, one of its major supporters, again will help veterans and their families with scholarships. The VFW "Sport Clips Help A Hero Scholarship" provides veterans and service members with the financial assistance to complete their educational goals without excessive debt for student loans. Deadline for submitting applications is 30 April 2014. Go to <http://www.vfw.org/scholarship/> for information.

Newsletter in Color Post News Email; Did You Move?

You can join 124 others and receive the newsletter in color by email or download from the Post website at www.vfw3150.org. Send an email to the Adjutant at adjpost3150@va.vfwwebmail.com to request it. Those receiving it this way report they love it. One member wrote: **"It really looks much nicer on my computer screen in color at 125% magnification than squinting at the paper version and it's a lot easier to store and find at a later date."**

The Post also sends out periodic updates and reminders of upcoming events and other information of note to members via blind email. If you do not presently receive these and would like to be added to our email list, send an email to the Adjutant at the address above.

Please send an email to the same email address with your new address when you move. NOTE: If you fail to notify us of your new address and we receive two notices from the Post Office, you will automatically be transferred to electronic newsletter.

Scam Alert

Congressman Randy Forbes, Virginia Fourth Congressional District, recently sent an email on the newest scams. Here is an excerpt of his message:

"Your phone rings. The caller ID reads 'Internal Revenue Service.' It's the IRS calling to tell you that you owe taxes. The agent on the phone provides their name and badge number, and the agent provides the last four digits of your Social Security number as verification. The agent tells you the amount of taxes that you owe, threatens consequences of the failure to pay back taxes, such as loss of business license or jail time, and takes any questions you may have. Next, they provide you with details on how to pay your back taxes through debit card or wire transfer.

"Now the question --- is the IRS agent real or fake? The answer is: fake. This is the scenario of one of the [latest consumer scams](#), which has many Americans sending thousands of dollars to the "IRS" only to find out that they have fallen victim to financial theft.... the truth is, Internet and telephone consumer scams that result in identity theft or financial theft are becoming more sophisticated and they are often unidentifiable at first blush. In fact, the Federal Trade Commission (FTC) [has said](#) that the highest reported age group for identity theft is 20 to 29 year olds who are

often considered to be some of our most tech savvy citizens. ...Internet and telephone scams are successful in victimizing all kinds of individuals, no matter their age, background, or familiarity with technology.

“Here are three recent scams to be aware of, according to the Better Business Bureau’s Top Ten Scams of 2013 [list](#).

“The Affordable Care Act Scam. Scammers claim to be from the federal government and explain that the victim needs a new insurance card or Medicare card. They say they need to collect your personal information, including your Social Security number, in order to mail you a card. Often, the scammers already have your bank account number and may provide it to you for “verification.”

“Fake Facebook Friend Scam . Scammers create fake profiles that appear to be someone from your friends list on Facebook. After requesting to be your friend, these faux friends then post links to websites that download malware or ask for personal information in their communication with you.

“Scam Texts. Scam texts often look like an alert from your banking institution. The text message may ask you to confirm or reactivate a debit card by following a link on your phone. When victims follow the link, scammers are often able to get banking information, ATM numbers or PINs, or place malicious software on phones.

“So how can individuals protect themselves against scams such as these? In this day of technology, consumers must learn to be vigilant in sharing and protecting personal information no matter what the platform. The following steps may help in protecting you from a scam:

“First, verify the person you are speaking with or the link you have received is who he, she, or it claims to be. In all of the instances above (and with most telephone and internet scams), the scammers request personal information over a non-secure site (your mobile device, a website, or over the phone). Often, institutions have policies that state they will never request personal information by email, text, or social media. When in doubt, hang up and call the institution or agency using a phone number listed on an old bank statement, from an official website, or other trusted document. If the request is legitimate, the person will be able to direct you to an agent for assistance.

“Second, don’t send money to someone you don’t know. Agencies like the IRS usually first contact people by mail about unpaid taxes. Again, calling the agency using a phone number from a trusted source will help verify an appropriate method for any necessary payments. If you use online auction sites (like eBay), the FTC [recommends](#) using a payment option that provides protection, like a credit card.

“Third, learn how to keep your personal information secure online and offline. The FTC has tips for anything from securing your Social Security number to keeping your mobile devices secure: <http://www.consumer.ftc.gov/articles/0272-how-keep-your-personal-information-secure>.

“Finally, stay up to date on the latest scams. If you suspect you’re the target of a scam, do a quick search through Google or another search engine to see if something similar has been reported in the news. The Federal Trade Commission regularly posts scam alerts on its website. You can sign up to receive scam alerts by email, too: <http://www.consumer.ftc.gov/scam-alerts>.

“If you think you may have fallen victim to a scam, report the incident to the FTC at <http://www.ftc.gov/complaint>. Also report scams to your state Attorney General. In Virginia, those complaints can be filed at <http://www.ag.virginia.gov/Consumer%20Protection/>.”

Recent Events Around the Post



<<< Post Commander Michael McCartney shows some of surplus card stock the Post received several years back. Unable to use all of it in its printers, the Post donated the card stock to Key Elementary School and the Oakwood School which could use the materials in their programs.

John Lyon's C. D. "Doc" Crouch, >>> Catherine Graham, and J.Gary Wagner man a VFW booth at a recent VetReady Resource and Career Fair held in Arlington. The trio spread the word on the VFW and its programs and directed participants to VFW posts in their hometowns.



<<< Joe and Elsa Weeks (clockwise from left), Nancy Weeks and Catherine Graham enjoy their St Patrick's Day dinner of corned beef and cabbage. Diners gave rave reviews to the yearly feast which was started at least 48 years ago at John Lyon Post, and has been a tradition ever since.

Recent Events Around the Post



<<< Discussing VFW items of interest with Virginia Congressman Frank Wolfe (second from left) in his Capitol office are (l to r) Post 3150's C.D. "Doc" Crouch, State Commander Chris Birch (Post 9760), and Tenth District Senior Vice Commander Gary Kelch (Post 7327). The occasion was the VFW's annual Legislative Conference when members present the VFW's legislative agenda to members of Congress and ask for their support.

Finally a good day! (Front, l to r) Valerie >>> Palacios, Erika Chavarria, and rear, Tommy Saunders, Dennis Gerrity, and J.Gary Wagner prepare to head out to nearby Lee Highway for the "Winter" Highway Cleanup which had been postponed twice due to wintry weather.



<<< Pausing at the events board at the VA Hospital in Washington are (l to r) Erika Chavarria, Valarie Palacios, and J.Gary Wagner. The trio did a trial run at calling Bingo numbers and helping residents of the nursing home with numbers and their cards. Members also provided prizes for the winners. A good time seemed to be had by all and John Lyon is expected to sponsor Bingo again in the future.



Loyalty Day
1 May 2014

VFW Post 3150
Ladies Auxiliary 3150
Men's Auxiliary 3150



VFW 3150

April 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Lt John Lyon born 2 Apr 1893	3	4	5
6 3150 Color Guard at Arlington Little League Opening 2 pm	7 House Committee / Post O Call 7 pm	8 Men's Auxiliary Meeting 7:30 pm ELECTIONS	9	10 Post Meeting 7:30 pm ELECTIONS	11 Persian Gulf Cease Fire 7:30 pm	12
13 Sunday Brunch 9 am - 12	14	15 INCOME TAX DAY	16	17 Ladies Aux Meeting 7:30 pm ELECTIONS	18	19 Highway Cleanup 8:30 am State Cmdr's and Pres' Homecoming, Post 9808 Mech'ville, 4 pm
20 EASTER SUNDAY	21	22	23	24	25	26 Highway Cleanup 8:30 am (raindate)
27 Sunday Brunch 9 am - 12	28	29	30	1 May LOYALTY DAY		

Dinner RSVPs / Info: 703-525-0108

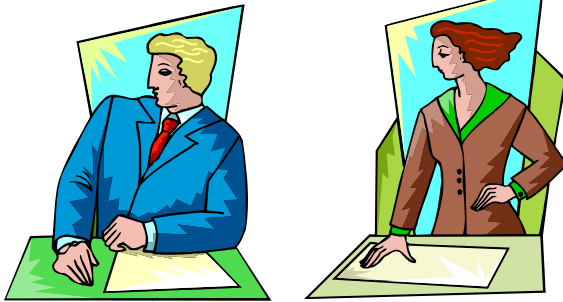


JOHN LYON POST # 3150
“All American Post”
Veterans of Foreign Wars
2116 North 19th Street
Arlington, Virginia 22201-3514

Dated Material Please Do Not Delay
April 14

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

Address Service Requested



Men's Auxiliary Elections
Tues, 8 Apr 14
7:30 3pm

Post Elections &
Corporate Meeting
Thur, 10 Apr 14
7:30 pm

Ladies Auxiliary Elections
Thurs, 17 Apr 14
7:30 pm