

# The John Lyon Gazette

Volume 24, Number 8

April 2019



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



**The John Lyon Gazette: Winner of 1999, 2003, 2004, 2007, 2009, 2010, 2011, 2016 and 2018 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of National Awards for 2010, 2011**



## Law Enforcement First Responders Honored

John Lyon VFW Post 3150 in Arlington named two officers as Law Enforcement Officers of the Year. The awards were presented recently at the VFW Post. Holding their certificate are (left) Second Place: Sgt Jose Quiroz, of the Arlington County Sheriff's Office, and First Place: Sgt Thomas Rakowski of the Arlington County Police Department, also attending were various law enforcement dignitaries, including Arlington County Sheriff Beth Arthur (left) and Chief of Police M. Jay Farr (right): Both awardees donated their financial awards to charity. See pages 7 and 8 for more information on the Awards Ceremonies.

# VFW Post 3150 in 2019

## Afghanistan/GWOTE and Iraq vets #1 and #2

This issue makes the eighteenth annual look at the makeup of John Lyon Post. This year's tally of Post 3150's membership shows that, overall, we are still well represented across the board. Iraqi Freedom / Afghanistan / GWOTEM vets remain the largest blocks, each now more than Vietnam vets, but together passing them six years ago, our largest group when this survey started in 2001. Persian Gulf / Desert Storm veterans make up our fourth largest block. Considering the relative size of the different branches of the services, we are fairly well represented there, too, with Army being the largest group. To keep our tallies comparable from year to year, those were counted who were on the membership roster last July 1<sup>st</sup> 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. Current memberships total 581. The results show that we were in ...

World War II	11		
Post War Occupation	15		
Korean War	23	Army	313
Korean Service	66	Navy	125
Taiwan Straits	1	USAF (including AAF)	86
Vietnam / Southeast Asia	171	USMC	129
Libya	3	USCG	4
Lebanon / Beirut	12		
Grenada	2		
El Salvador / Panama	4		
Persian Gulf / Desert Storm	123	Includes 64 women:	
Haiti	5	Post War Occupation	3
Somalia / Horn of Africa / Chad	6	Korea Service	11
Bosnia / Kosovo	42	Persian Gulf / Desert Storm	15
Afghanistan / GWOTEM	218	Haiti / Cuba	2
Iraqi Freedom	221	Bosnia / Kosovo	8
SSBN	3	Iraq	31
Other Expeditionary	31	Afghanistan / GWOTEM	27

### New Officers to be Selected

Post officers for the Year 2019-2020 were nominated during the March meeting and will be 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 (accounting), chaplain, three-year trustee (oversight), and three-year house committee member (post home). Additionally, there are appointed positions such as adjutant (admin), advocate (legal/parliamentarian), surgeon (welfare and hospital), officer of the day, guard, historian, and publicity chairman to be filled. For more info, email to [johnlyon3150@gmail.com](mailto:johnlyon3150@gmail.com)

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

**VFW Post Elections &  
Corporate Meeting  
Mon, 15 Apr 19  
7:30 pm**

**VFW Auxiliary Elections  
Tues, 16 Apr 19  
7:30 pm**

## **From the Commander:**

Greetings Comrades,

Spring is here! I hope the spring season brings you happiness, good health, and enjoyable experiences.

As with every spring, the Post will elect new officers on 15 April and conduct a Post cleanup. Nominations are open for all elected positions. We have currently received one nomination each for Post Senior Vice Commander, Post Junior Vice Commander, Post Chaplain, Post Quartermaster, 3-Year Trustee and 2-Year House Committee Member. We do NOT have any nominations yet for Post Commander or the 3-Year House Committee Member. In addition to elected positions, the 2019-2020 Post Commander will appoint other positions, such as:

- Adjutant – handles administrative affairs for the Post.
- Service Officer – advocates for the care of Veterans.
- Surgeon - provides comfort and support to Veterans.
- Judge Advocate – provides legal counsel to Post leadership.
- Guard – ensures the security and safety of the Post.
- Officer of the Day – commonly chairs the awards and discipline committee.

If you want to fill one of these positions, please contact the Post Commander or Adjutant at [johnlyon3150@gmail.com](mailto:johnlyon3150@gmail.com).

In service to our Veteran community this spring, the Post will:

- Conduct a Buddy Poppy drive to raise funds for our relief fund, which goes towards helping Veterans. We will be at the Ft Myer Commissary on Saturday 18 May from 9:00 am to 2:00 pm.
- Visit veterans at a local hospital. Stand-by for more details.

The Post is sponsoring an Arlington Little League team. We need to assemble a color guard for the opening ceremonies at 2:00 pm on 7 April 2019. If interested, please contact us at [johnlyon3150@gmail.com](mailto:johnlyon3150@gmail.com).


Furthermore, we will welcome the riders of the last Rolling Thunder, this Memorial Day.

Recently, we honored our youth essay contest winners. Drew Sullivan won the high school level Voice of Democracy essay contest and Mary Clymer won the middle school level Patriot's Pen contest. Mary also won Virginia's Tenth VFW District contest and placed second in the Virginia State contest.

Thank you very much to the teachers, Mary Lou Wentzel of Bishop O'Connell High School and Leslie Healy of St Ann School, who helped support and promote this patriotism for many years.

For their service to the community, the Post also honored Thomas Rakowski of the Arlington County Police Department and Sgt Jose Quiroz of the Arlington County Sheriff's Office. Congratulations and a job well done to all of them!

Help us make 2019 a great year. I hope to see you all around the Post.

Thank you, 

Eric Ganser

Post Commander, John Lyon VFW Post 3150

## ***From the President of the Auxiliary:***

It is now spring finally, and the weather will be warming up so keep an eye out for children playing in the streets and playgrounds.

We are coming to the time of year when elections are held at the Auxiliary, District and Department levels. In order to have an Auxiliary, we must elect a President at our April meeting. I touched on the role of each officer in last month's column. In addition to running the meeting, the President writes this column each month, attends the House Committee meeting or appoints a member to attend. The President will also attend the District meeting or ask for a volunteer to represent the Auxiliary at the meeting. The President has access to

the Auxiliary's roster on the National level through Membership Auxiliary Leadership Technology Access (MALTA). They will receive the Department's Communications via emails and is the face of the Auxiliary at all levels of the organization.

The Senior and Junior Vice Presidents assist the President in carrying out the above functions and will preside over the meeting if the President is not present. The Secretary is an appointed position who maintains the minutes for the Auxiliary. The Secretary prepares any correspondence required by the organization, receives the Department Communications and sends the appropriate pages the chairmen need for their use in carrying out our programs. In addition to being the membership chairman, the Treasurer maintains the books and is the keeper of the bank account. The President and the Treasurer are the only two persons with access to the bank account and can write checks. The Treasurer is the person who processes the dues from existing and new members. The Treasurer also has access to MALTA and can print out dues cards for those who need them.

As previously stated, all positions are open for election at our April meeting. If you want to run for an office, please attend and indicate your desire.

Speaking of meetings, I have had a couple of members indicate that they have difficulty in attending meetings held on a Tuesday. I will ask at the next meeting whether or not we should change our choice of meeting day or time, but in the interim, if ANYONE has any thoughts that they would like to share please contact me at [cg12dc12@outlook.com](mailto:cg12dc12@outlook.com) or call me at (703) 319-0845.

Annual membership dues are now being accepted. If you did not renew before December 31, 2018 you are not a member in good standing and are not be eligible for the \$550 Cancer grants. You must be a member for one year for this valuable membership perk. You can pay our treasurer, Jodie LaFreniere-Dajc, at the post address by \$25 check or go to the National Auxiliary website and pay by credit card. If you have not received your card within two months let Jodie or myself know. You can email me at [cg12dc12@outlook.com](mailto:cg12dc12@outlook.com). Also, if you have a neighbor or friend who is eligible, the application is on the National website or send me an email with their contact information.

As always check on the sick and elderly. Happy Anniversary and Birthday to those celebrating in April.

Cathy Graham  
President VFW Auxiliary 3150

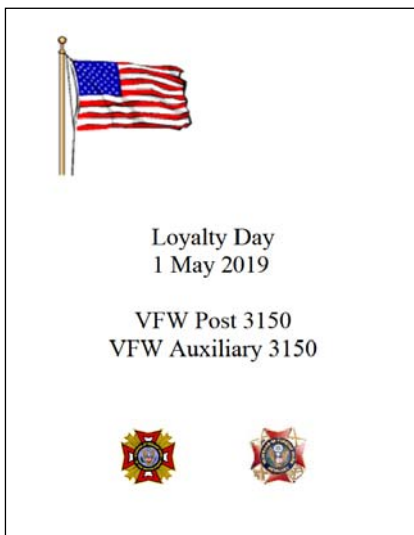
## Loyalty Day?

You will notice elsewhere in this newsletter that May 1<sup>st</sup> 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 1<sup>st</sup> 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.



## Nominees for Post Officers, 2019 - 2020

Senior Vice Commander: Darrell Smith  
Junior Vice Commander: Cathy Baumbusch  
Quartermaster: Jim Bertine  
Chaplain: Mike Beatty.  
Three Year Trustee: Sam Wolfe.  
Two Year House Committee: Nick Knowles  
Nominations remain open and will close at the April meeting.

## Corporate Meeting

The annual meeting of the John Lyon Corporation will be held in connection with the Post meeting on Monday, 15 April. Corporation officers will be elected to match Post officers.

## Welcome to Our New Members

Welcome to new Post members Robert Dill, USMC (Operation Iraqi Freedom), Kenneth Schlitt, USMC (Operations Iraqi Freedom), Darrell Smith, USAF (Iraq/Afghanistan/Korea Defense), Transfer, Brendan Tritt, USA (Iraqi Freedom). Jonathan White, USA (Global War on Terrorism/Korea), and new Auxiliary members Christine Nguessan and Alex Storey, all who were elected at the February meetings, some still contingent on supplying necessary paperwork.

## Open Mic Night

Open Mic Night is 6:30 – 9 pm the first Friday of every month. This month on 5 April. then on 3 May. Bring your instrument and/or vocal chords and join in on the fun.

## Yoga: First Saturday 11 am

Yoga Legions' Poses and Pints continues on Saturday on 6 April at 11 am. No experience necessary. Attendees range from the 20/30 year olds to those in the 70s. If you can't complete a movement or a pose, you do what you can, and stop. As the leader says: "No judgment!" Yoga mats are available at the Post. Wear comfortable clothing.

## Moved? New Email?

Please notify us when you move or change your email! Send an email with your new address or email to [johnlyon3150@gmail.com](mailto:johnlyon3150@gmail.com).



## John Lyon Color Guard to Open Arlington Little League Ceremonies, 7 Apr

The John Lyon Color Guard will present the National Colors during the opening ceremonies of the Arlington Little League's 33<sup>rd</sup> Anniversary season, on Sunday, 7 April. The opening ceremonies are scheduled for 2:00 pm at Field #1 on Barcroft Park, 4200 South Four Mile Run Drive in Arlington. Members are invited attend the ceremonies and the regular season baseball games. The name of team the Post sponsors will be released shortly. Information at <http://arlingtonlittleleague.org/>

## New Hours for Post Canteen

The Post Canteen is open as follows:  
Every Friday from 6-10 pm  
Every Saturday from 6-10 pm  
Every Sunday from 1-6 pm  
Post may extend hours for various events.

## Schedule Updates

For the frequently updated openings, hours, end events, go to [www.vfw3150.org](http://www.vfw3150.org) and click on Calendar. Event updates can also be found on our Facebook page: "John Lyon VFW Post 3150".



## Are You Expired?

Many VFW and Auxiliary memberships are set to expire in the next weeks. Check your membership card for your expiration date and renew if necessary.

## Convention Time!

### District convention

The Tenth District Convention is scheduled for Sunday, 5 May at VFW Dale City Post 1503, 14631 Minnieville Road, Dale City, 703-670-4124. Meeting at 1 pm with lunch starting at 11:30 am. Both VFW and Auxiliary will meet and elect new officers.

### State Convention

The Department of Virginia's state convention will be held 13 – 16 June 2019 at the Renaissance Portsmouth -Norfolk Waterfront Hotel, 425 Water Street, Portsmouth VA, telephone 757-673-3000. Room Rate: \$127.00. Group name "Veterans of Foreign Wars Department of Virginia Annual Convention". Reserve room by 13 May 2019 to insure group rates.

### National Convention

The National Convention will be held 20 – 24 July 2019, in Orlando, FL. The assigned hotel for Virginia is Rosen Center. Special Room rates are available until mid-June. For info or to reserve, go to <https://www.vfw.org/news-and-publications/events/vfw-national-convention>

**Happy Easter and  
Best Wishes for your  
Observance of Passover**

**Post Closed  
Easter Sunday, 21 April**



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



## Burke VFW Post 5412 Golf Outing and Picnic

The annual Burke VFW Post 5412 Golf Tournament will be held Friday, 17 May at the USMC Base Quantico Medal of Honor Golf Course. For info contact David Myers at [DavidBMeyers21@gmail.com](mailto:DavidBMeyers21@gmail.com) or find application on fourth page at [http://burkecentreweb.com/document\\_view.asp?id=402](http://burkecentreweb.com/document_view.asp?id=402) Early Bird registration before 17 April.

## Buddy Poppy Distribution

We are looking for 12-14 volunteers to participate in the Post's semi-annual "Buddy Poppy Distribution" at the Ft Myer Commissary on Saturday 18 May from 9:00 am to 2:00 pm. Volunteers will work in 2-hour blocks. If sufficient volunteers come forward, we will man a second site at the Safeway on Lee Highway. During last November's Buddy Poppy Distribution, we collected about \$600 for the Post Relief Fund. Let's top \$1000 on this one! Please contact the Post Adjutant, Nancy Springer, to volunteer and for any questions you may have at: [adjpost3150@vfwva.org](mailto:adjpost3150@vfwva.org) or 760-845-6119."

## Upcoming Next Month

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

Sun, 5 May: District Convention, Post 1503, 1 pm

Sat, 18 May: Buddy Poppy Distribution, 9 a – 2 p  
Fort Myer Commissary

Fri, 24 May: Grave Decoration, National Memorial & Columbia Gardens cemeteries, meet  
12:30 pm at Post

Sat, 25 May: Grave Decoration, Arlington National Semetary, 9 am at Post

Mon, 27 May: Memorial Day Ceremonies:

Cherrydale "John Lyon" Memorial, 11 am  
Clarendon War Memorial, 1 pm

# Recent Events Around the Post: Awards Ceremony

## Patriot's Pen



**First Place, Mary S Clymer**



**Second Place Sofia M Parfomak**



**Third Place Josefina M Mollo**



**Hon. Mention Emilia R Larson**



**Hon. Mention Marie A Schoshinski**

## Voice of Democracy



**First Place Drew A Sullivan,  
accepted by sister Maude Sullivan**



**Second Place Elizabeth A West**



**Third Place Caitlin M Thompson**



**Honorable Mention Khanh U Le**



**Hon. Mention Matthew DH Roosma**



# Recent Events Around the Post: Awards Ceremony



<<< Mrs Mary Therrell, Principal of St Ann School in Arlington, accepts a certificate of appreciation for Ms Leslie Healy, Language Arts teacher at St Ann who promoted Patriot's Pen for several years in her classroom, and who was unable to attend the ceremonies. A certificate was also presented; in absentia, to Mary Lou Wentzel of Bishop O'Connell High School who promoted Voice of Democracy in the classroom for over 20 years until she retired.

A certificate of appreciation was presented, >>> without prior announcement to Jeanne Gibadlo, Auxiliary 3150 member, for over 20 years working as chair or co-chair of the John Lyon Voice of Democracy program. All awards were presented by Commander Eric Ganser and Auxiliary President Cathy Graham. The ceremonies were emceed by Adjutant Nancy Springer. See also front page.



<<< Tenth District Commander Randy Coker (l) and President Karla Coker (r) present the first place award for Patriot's Pen to Mary S Clymer, a student at St Ann School in Arlington.. The awards were presented at the recent Tenth District meeting. The district covers from Dale City to Leesburg to Arlington. Clymer also won first place at the Post 3150 contest, advancing to district, where winning she advanced to State. She placed second at the State contest.





# VFW 3150

## April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 John Lyon born 2 Apr 1893	3	4	5 Open Mic Night, 6:30 – 9 p	6 Poses ad Pints, Yoga Legion, 11 am
7 3150 Color Guard at Arlington Little League Opening 2 pm	8 House Committee / Post O Call 7:00 pm,	9	10 GRIST mtg, 7 pm	11	12	13
14	15 <b>Tax Day</b> Post meeting 7:30 pm  ELECTIONS	16 Auxiliary meeting, 7:30 pm  ELECTIONS	17	18	19	20
21  HAPPY EASTER  Post Closed	22	23	24	25	26	27  (tentative) Post and Highway Cleanup 9 am
28	29	30	31			



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

**Dated Material Please Do Not Delay**  
**April 2019**



**Happy 125<sup>th</sup> Birthday, Lt John Lyon**

**2 April 1893 – 16 October 1918**  
**Killed in action, World War I**