

The John Lyon Gazette

Volume 13, Number 2

August 2006



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, and 2006; Best Newsletter in the Nation, 1999



“Whereas the tolling of the Liberty Bell at Independence Hall, Philadelphia, Pa., at 2 o’clock in the afternoon of the 4th day of July, 1776, proclaimed the signing of the Declaration of Independence...” (Concurrent Resolution Number 25, United States Senate & The House of Representatives, Adopted 26 June 1963)

While Past Commander Ken Jansen (left) stands by to ring the Post bell, Commander Eric Anderson (center) and Senior Vice Commander Tom Kane, read proclamations pertaining to the Let Freedom Ring National Bell Ringing Ceremony on Independence Day. Bells across the country were rung 13 times at 2 pm EDT. In 1963, the act of Congress officially authorized the ceremony to commemorate the ringing of bells at Independence Hall in Philadelphia, 4 July 1776. Post 3150 has participated in this ceremony for about seven years.

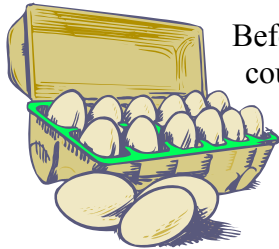
From the Commander:

How time flies. Its' hard to believe, yet another month has just flown by. We had a great turnout for our annual July 4th hospital visit with seven members of the Post and Auxiliary in attendance handing out fresh fruits and --- apples made of buddy poppies, which were hand made by our own "Elsie". Our efforts were much appreciated by some 120 patients we visited.

As an added note, while at the hospital some had a chance to meet Robert Harkins. For those who are several years my senior you might recall him as being the Department Commander of Washington D.C. from 1965-1966. He is doing well and sends his best.

The 4th of July cookout was a great success with numerous members and friends in attendance. Great raves were received for the food preparation (hotdogs, hamburgs moist chicken, salads etc).My many thanks to all those who assisted. You know who you are.

Brunches continue to be a huge success, enjoyed by all. The Walter Reed folks keep on coming and totally enjoy what we do for them. I've noticed, when I get a chance to stick my head out of the kitchen, that more and more of the soldiers are talking with our members. We're seeing some real comradeship building and that is what it's all about. Looking back at the latest brunch, we've created a real monster. We served some 180 meals and that's alot of work. I can't thank enough the Ladies Auxiliary who serve our guests nor the Post members in the kitchen for all they do. They are *THE BEST*.



Before I forget. Some of us have been at this for some time and once in awhile could use a break, like sleeping in. If anyone is interested in learning the ins and outs of cooking brunch (grill work or stove top) or any other position in the kitchen, please see Chef Ken or myself. We'd be happy to get you on board, teach you and guide you towards the road of satisfaction.

Stay cool and enjoy the remaining days of summer. Fall is just around the corner.

Yours in comradeship,

/s/

Eric Anderson
Commander, VFW Post 3150

From the President:

It has been a busy month for the Post and Auxiliary. On July 1st Ginny Lepage and I accompanied Commander Eric Anderson, Gary Wagner, Greg Moscatel, Mark Pando and Michael Holtz to the VA Center Nursing Home to distribute fruit and Buddy Poppy Apples to the residents. Sister Elsie Weeks crafted 131 apples using the red Buddy Poppies. Each apple contained a note--"You are the Apple of my eye!" They were a great hit--along with the pears, oranges and bananas. A special thanks to Elsie for making the apples.

Elsie has agreed to be Buddy Poppy Chairman again this year and is asking for your ideas for future projects. She tells me she has run out of ideas. See Elsie at our Sunday brunches on the 2nd and 4th Sundays of the month.

The Post is sponsoring Life Line Screening for vascular disease on Saturday, August 19th, from 9 a.m. to 4 p.m. Four screening tests are offered--Carotid Vascular Test, Abdominal Aortic Aneurysm Test, Peripheral Arterial Disease. Each test is \$45 or all 3 for \$109. A Bone Density Screening to Detect Osteoporosis is also for \$35 or \$129 for all 4. Call 1-800-324-1851 for information and to schedule an appointment. Pre-registration is required!

The Auxiliary is conducting our annual membership lottery for "Early Bird" renewals. A drawing will be held for 1 Life Member and 3 Annual Continuous Members. Members renewing prior to August 31st will receive 5 chances, prior to September 30 will receive 3 chances and prior to October 31st will receive 1 chance for free membership. You may send your renewal to Catherine Graham at 2116 North 19th Street, Arlington VA 22201.



Upcoming events in August are shown on the calendar on the last page of this newsletter. The Auxiliary is sponsoring a Cookout on Labor Day, September 4, for the great price of \$7. We are serving Italian marinated chicken breasts, baked beans, corn-on-the-cob and tossed salad. Sounds delicious! A 50/50 raffle is also planned. Sign-up sheets are available at the Post.

I invite all members to join us at our meetings on the 3rd Thursday of the month at 7:30 p.m. Meetings usually last no longer than 1 hour and consist of reports from our committee chairmen on such issues as Rehabilitation, Americanism, Buddy Poppy, Cancer Aid & Research, Community Services, Hospital, Legislative, Membership, National Home, PAC, Publicity, VOD/Patriot's Pen, Ways & Means, and Youth Activities. If any of those pique your interest, join us to learn more. If you have any questions, please see me or leave a message at the Post or email me at skarstew@aol.com.

Be safe in the summer heat and humidity. Happy Birthday to those born in August.

/s/

Karen A. Stewart

Why Renew Now? Great odds in upcoming drawing

Yes, it's that time of year again. Even though your annual membership card is good until December 2006, the VFW has begun sending out renewal notices. As it takes a while to get everyone renewed, the process begins early. Those who join or renew by 28 September will qualify (along with all Life members) for the Early Bird Dinner on 30 September. New and renewing Post members will also qualify for the Life Membership drawings done at that Early Bird Dinner. There will be six drawings, one for each of the five youngest year categories and one for those over 71. If you "go Life" and your name is drawn, you will receive a refund for the Life membership payment, so you are not penalized for "going Life" when you join or renew. As the Post is currently over 75% Life, this means that there are only about 100 annual members to compete in those five categories in the drawing. Your chances of having your name drawn are about one in twenty, much better odds than in the mega lottos --- or most any other drawing for that matter. If you have not received a renewal notice, you can send or bring your dues by the Post: \$30 for VFW members. You can also renew by going to www.vfwva.org and following the links.



LifeLine Screening will return to Post 3150 on 19 August. The Post will pay ½ the cost of the selected four tests for each John Lyon Post and Ladies Auxiliary member who is tested that day. Obtain a receipt for reimbursement --- we will attempt to do it that day. The tests will check your vulnerability for stroke, abdominal aneurysm, and peripheral arterial disease, and osteoporosis. Advance scheduling is a must. See flier in this newsletter.

**Moved Lately?
Are you Registered to Vote?
Check your new county
for registration deadline!**

Welcome to Our New Members

Welcome to new Post members, Roger Blunt (Army - Korea Exped) (Life), Charles Ford (Army - Iraqi Freedom) (Life), George Kukawa (Army - Vietnam) (Life), Sean Mentus (Navy - Persian Gulf), and Sam Davis (Army - WW2) and Joseph Kennedy (USMC - Iraqi Freedom) (Life); and to new Ladies Auxiliary member Catalina Morris, all elected at the July meetings.

John Lyon Members Named to State Positions

Post 3150 members have been named to Department positions in the state of Virginia for the Year 2006 - 2007. The appointments appear in the July General Orders. C.D. "Doc" Crouch, of course, was elected Department Commander in June. J.Gary Wagner who was elected as Tenth District Commander will also be a member of the Council of Administration. M.C. "Connie" Agresti was named member of the Audit Committee and the Resolutions Committee, and as Senior Vice Commander of the Tenth District, was named to the Membership Committee and as the Military Assistance Program District Coordinator. Wagner was again named as Vice Chairman of Americanism. Also appointed to positions were Walter Landry and Max Taylor as members of the Legislative Committee, Jerry Peterson as Chairman of the Political Action Committee, and Landry and Agresti as members of the Resolutions Committee. Albert Quaye III was named Associate Representative to the Washington DC VAMC Hospital.

A John Lyon Hello ...

...and congratulations to frequent visitor John Miska, who often brings Walter Reed troops to the Post 3150 Sunday brunches. John, Commander of Post 8208 in Stanardsville, VA, more than doubled the size of his post last year, and was named one of Virginia's four All-American Commanders for 2005 - 2006.

...and to Past Post 3150 Commander Miles Hubbard.

Did it Happen Before?

The election of Post 3150 members C.D. "Doc" Crouch as State Commander and J.Gary Wagner as Tenth District Commander during the same year has prompted questions as to whether or not this has happened before. With only two previous state commanders from Post 3150 and only nine or ten district commanders from John Lyon, the answer would likely be "no". However in 1942 - 43, 3150 members filled these two positions: Austin J. Matthews was State Commander and Chester Sipes Jr was District Commander, although at the time the district was the Eighth District. See next story.

From the John Lyon Past...

The following article appeared in *The Washington Post*, 30 August 1942, page L11:

"Third Division Society Unit Meets Wednesday

"Washington Branch No. 7, Third Division Society, A.E.F., will open its 1943 year with a meeting on Wednesday at the home of Frank Sramek, 3849 Wilson Boulevard, Arlington, Va.

"There will be an election of officers for the coming year. Among prominent veterans invited are the following: Austin J. Matthews, department commander, V.F.W. State of Virginia; Chester Sipes, jr., commander, Eighth District, V.F.W.; Emil J. Steger, commander, John Lyon Post V.F.W., Arlington, Va.

"John E. Kestler, regional vice president, Third Division Society, State of Maryland and Sergt. A.S. Yarnell, regional vice president State of Virginia and District of Columbia will install the newly elected officers."

(Editor's note: Not only Steger was a member of Post 3150, but also Matthews and Sipes.)

Locker Fees Due

Locker fees for the next twelve months are now due. Please submit \$10 to the Quartermaster by 1 September or the locker will be considered abandoned and emptied.

Marching Off....

Stan Sirmans, 67, Captain, US Navy (retired), on 28 June 2006. He served on three diesel submarines in the early 1960s, then was an advisor to a Vietnamese river boat command in the Mekong Delta, where he received two Purple Hearts among other awards. He spent the remainder of his career in the Public Affairs field. A native of Florida, he lived in Pensacola for some time.

James W Vance, 90, on 15 July. He was an Army veteran of World War II and was assigned to armored forces in North Africa 1942 - 1944. For about the last eight years he had been living in Terrace Park, OH, where he remarried about 7 years ago. He was buried in Arlington National Cemetery.

Kathryn "Kay" Snyder, 62, on 19 July. Funeral is scheduled for 10 am, Wednesday, 11 August at Arlington National Cemetery. The wife of Life Member Charles "Pops" Snyder, they have been living in Stafford, VA following his retirement from the US Navy.

Bertha Phillips, on 10 January, just short of her 94th birthday. She was the wife of Life Member Robert Phillips and they have been living in Arlington.

John Lyon Shirt and Cap Days

John Lyon Shirt and Cap Days will be held this summer on Saturday and Sunday, 12-13 August. All 3150 members are urged to wear their John Lyon shirts and caps wherever they go in Arlington those days in an effort to show the people of Arlington that we are here. Last year's effort prompted townsfolk to ask about the Post and Auxiliary. All participants are asked to stop by the Post for a group photo on Sunday at 2pm. Be prepared by digging your tee-shirts and caps out of the closet or getting a new one at the post home if you need one. The Post has a limited supply of the John Lyon tee-shirts. However, **the long-awaited shipment of VFW Post 3150 baseball caps has arrived.** (They were expected around Memorial Day!) They are available in black, navy blue, and royal blue for \$18 at the post.

Past Commander Miles Hubbard

The Post was recently in communication with Miles Hubbard, Post Commander 1959 - 60 and Tenth District Commander 1962- 63. Excerpts from his letter include the following:

“I did want to thank you for your communication. My recollection of some of those you mentioned in the Gazette brought back pleasant memories and it appears that the post is in good working order.

“My recollection of George Dalby who was a real mentor to many of us in the VFW and I did not know he was born in England. I think George ate & slept VFW. Carroll Wooge was of my time & a good man. I also recognized fondly Jim & Martha Tingle, Dorothy Moran, Margaret Dozier and I can't believe that Virginia Edwards is still active in the Ladies Aux.

“The least I can say about all these is that you brought back many memories.

“After my retirement from the Tele.Co. in '81 I more or less lost interest in the Post. My wife passed away in '87 and I remarried in '94 to a woman here in Kinsale.

“I'm 88 now...However, my wife who is the same age (and I) live here on the banks of the Potomac and marvel how fast the time flies.

Thanks again.
Miles Hubbard”

Labor Day Cookout

Monday, 4 September 2006

2 - 5 pm

sponsored by 3150 Ladies Auxiliary

\$7.00

Hours for Post Canteen

Opening hours for the Post canteen are 3 pm, Monday through Friday.

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

National VFW Convention

The 107th National VFW Convention will be held in Reno, NV, from August 26-31, 2006. Information can be obtained from the national VFW website (www.vfw.org), from the Post, and recent issues of the VFW magazine.

Virginia VFW License Plates

The Virginia General Assembly has authorized the issuance of a VFW license plate. The first 350 applicants will receive the plate free of the \$10 application fee. The form may be obtained from the some editions of the Department of Virginia GENERAL ORDERS (www.vfwva.org) --- or from Post 3150. Complete the left side of the form and mail it to the State Headquarters.

Three Ways to Renew Membership

Post members can renew their memberships or convert to Life with or without a renewal notice from National. There are three ways to renew. First, return the notice from National with check or charge information. Second, charge your dues on-line at www.vfw.org. Click on “Membership” then “Member Tools”. You will need your membership number, found on your membership card or above your name on the mailing label of your *VFW* magazine. Third, mail or bring your dues to the Post. Annual dues are \$30. And remember that the sooner your dues are paid, the sooner you will qualify for the Post's Life Membership drawings on 30 September.

Army Chorus 50 Years Old

The US Army Chorus will celebrate its 50th Anniversary with a performance at 7:30 pm on Saturday, 5 August at the Rachel M Schlesinger Concert Hall & Arts Center at the Alexandria Campus of the Northern Virginia Community College. No tickets are required. For more information on this and other concerts, see www.usarmyband.com

U.S. Coast Guard Birthday

The U.S. Coast Guard will mark its 216th birthday on Friday, 4 August. The post will mark this event with a cake cutting ceremony at 7:30 pm.

Coast Guard Concert 1 August

The U.S. Coast Guard Band will hold a free outdoor concert for its 216th birthday at 8 pm, on 1 August at the Navy Memorial, 701 Pennsylvania Avenue, N.W., Washington, D.C. The concert is free, open to the public and no tickets are required will feature a rich variety of music. For more information on this and other band concerts, go to www.uscg.mil/band.

Disabled Transition Assistance

“The Dept. of Veteran Affairs has unveiled a new online Disabled Transition Assistance Program resource. The new website -- www.vetsuccess.gov - provides important benefit information to servicemembers and veterans who may have incurred an injury or illness while on active duty. Click on the Disabled Transition Assistance Program link on the left side of the page under ‘Home’ to watch a video presentation that explains your VA Transition Assistance benefits.” (Source: *Military Report Newsletter*, 17 July 2006, www.military.com)

National Purple Heart Day

Monday, 7 August is National Purple Heart Day. John Lyon Post will mark this day with ceremonies at 7 pm. All members are invited to participate.

Greater Washington Chapter 353 of the Military Order of the Purple Heart will hold ceremonies on Monday, August 7, 2006, at 12:00 pm by the Purple Heart Monument in Mount Vernon, VA. The Purple Heart Monument is located on the left from the main entrance to George Washington's Mount Vernon Estate and Gardens. Both recipients and non-recipients of the Purple Heart are invited to attend. For more information, go to <http://www.purpleheart353.com/>, and click on the Chapter.

OOPS! CPL not CPT

Carl Colon's rank was incorrect in last month's newsletter. He was a CPL in the US Marine Corps.

Vacation Time?

With summer storms and the possibility of power outages, do you know if your refrigerator's freezer thawed and refroze while you were gone? Place a bowl of ice cubes in your freezer when you leave. If the cubes have reformed as a frozen puddle in the bowl, you'll know your power was out.

Address Changes Cost Post \$\$

Because we use the third class rate for the Post newsletter, when we use the “Address Service Requested” line above the address label every other month or so, the Post Office charges us 70 cents to forward your newsletter and send us your new address. **PLEASE let us know before you move!**

Alarm System You Already Have

A retired policeman forwarded us the following tip which makes sense for all:

Start keeping your car keys next to your bed on the night stand when you go to bed at night. If you think someone is trying to get into your house, or if you hear a noise outside your house, press the panic alarm on your car key chain. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break in your house, odds are the burglar or rapist won't stick around. Shortly all the neighbors will be looking out their window to see what is going on the criminal won't want that. Try yours to make sure it works before you rely on it. Just know that you must press the alarm button again to turn it off.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there and may save a life or a sexual abuse crime. And remember to call 911.

Recent Events Around the Post



<<< Arriving at the VA Hospital in Washington, D.C., the weekend before Independence Day, Post members brought four cases of bananas, pears, and oranges --- and apples made of Buddy Poppies --- for residents of the nursing home. Preparing for the distribution were (left to right) Ladies Auxiliary Junior Vice President Virginia LePage, Greg Moscatel, Commander Eric Anderson, Ladies Auxiliary President Karen Stewart, Mark Pando, J.Gary Wagner, and Junior Vice Commander Michael Holtz.

You never know who you'll run into at Post 3150...

A surprise visitor to Post 3150 during a >>> recent Sunday brunch, was American Legion's Virginia State Commander Brett Reistad (left) seen here with Post 3150's VFW State Commander, C.D. "Doc" Crouch. Reistad had been visiting soldiers at Walter Reed Army Medical Center when he met some of the brunch drivers and decided to visit Post 3150.



<<< The kitchen crew, working busily during Sunday brunch, here includes Larry Calabro and Butch Hovermill, at right, washing dishes, and Tom Kane, Eric Anderson, and Ken Jansen in the background. The Post serves Sunday Brunch on the second and fourth Sundays of the month, from 9 am to 1 pm.

Recent Events Around the Post



<<< Following the Bell Ringing Ceremony, John Mallon, Bill Guise, Greg Moscatel, and Al Quaye (clockwise from the right) enjoy the Independence Day cookout at Post 3150. It was one of the larger turnouts for the 4th of July in recent years. The cookout menu featured such fare as hamburgers, hotdogs, and barbecued chicken along with appropriate side dishes.

The planters outside the post home were >>> lined with small American flags on Independence Day. The red, white, and blue flowers in the planter nearest the front door provide a patriotic background for the national emblem.



<<< Four John Lyon members marched with VFW Posts 5412 (Burke), 7327 (Springfield), and 8469 (Fairfax) in the Independence Day parade in Fairfax. In addition to State Commander Doc Crouch, were, seen here at the Post 8469 cookout following the parade, Tenth District Commander J.Gary Wagner, Tenth District Surgeon (and Burke Post Commander) Margo Sheridan, Tenth District Senior Vice Commander M.C. Agresti, and Tenth District Ladies Auxiliary Senior Vice President Catherine Graham.

We Can Help You.....

Avoid a Stroke

In Just 10 Minutes



How Can Our Program Help You?

A physician cannot typically order an Ultrasound evaluation on someone who has no warning signs of vascular disease. However, over 50% of people who suffer a stroke show no symptoms before the attack, and therefore are unaware of the potential problem. We provide non-invasive painless screenings that can identify vascular disease that can be used as valuable information for your personal physician to help you avoid a stroke. Life Line Screening is the nation's leading provider of health screening services.

Saturday, August 19 2006

VFW Post 3150 - Arlington

Pre-registration Required!

Call 1-800-324-1851

1. Carotid Vascular Test

This test scans the carotid arteries in the neck for plaque buildup.

75% of all strokes are linked to carotid artery blockage.

2. Abdominal Aortic Aneurysm Test

This tests for the existence of an aneurysm in the abdominal aorta.

The vast majority of people who have an aneurysm have no symptoms.

3. Peripheral Arterial Disease

This test screens for plaque build-up in the lower extremities which is linked to coronary artery disease.

Each Test Individually Is \$45. Take All 3 Tests For \$109.

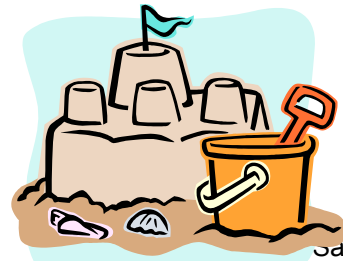
Bone Density Screening to Detect Osteoporosis Available for \$35.

Take all 4 tests for \$ 129

Post will pay ½ cost for 3150 VFW & Ladies Aux members

VFW 3150

August 2006



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Movie Night		US Coast Guard Birthday, 7:30 pm	
6	7 Purple Heart ceremony 7 pm House Com. 7:30 pm Post O Call 8 pm	8	9	10	11	12
			Movie Night	Post Meeting 8 pm		John Lyon Shirt & Cap Day
13	14	15	16	17	18	19
Sunday Brunch 9 am - 1 pm John Lyon Shirt & Cap Day Photo 2 pm			Movie Night	Ladies Aux Meeting 7:30 pm		Lifeline Screening 9 am - 4 pm
20	21	22	23	24	25	26
			Movie Nigh			National Convention
27	28	29	30	31		
Sunday Brunch 9 am - 1 pm National Convention	National Convention	National Convention	Movie Night National Convention	National Convention		

4 Sept - Labor Day Cookout: 2 - 5 pm



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
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Address Service Requested

US Coast Guard
Birthday
4 August 2006



Purple Heart Day
7 August 2006