

The John Lyon Gazette

Volume 15, Number 2

August 2008



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, 2004 and 2007 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



“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)

Members of the John Lyon family gather at the flagpole to listen while Commander Tom Kane (left) reads proclamations pertaining to the Let Freedom Ring National Bell Ringing Ceremony on Independence Day. The Post bell was rung, along with bells across the country, 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 nine years.

From The Commander:

Comrades and Auxiliary Members,

For a 93 year old building, 3150's Post home is in fairly decent shape. It's not the most spacious nor the most elegant Post I've ever been in, but I'll match it against any Post home in the country for the amount of heart. You can't build heart into a building. It comes from years of the blood, sweat, and tears of those who care about it. The walls are freshly painted, but the ceiling sags a bit, and the roof is just a little sway-backed. Also, the basement could use a *Depends* as there is a bit of leakage down there.. Neither buildings nor people can reach their seniority without some scars and afflictions.

During the next few months there will be some changes made in the hopes of improving things. Whatever we do, I think we ought to maintain the "hominess" and *ambience* that has been developed over the years. It's no wonder that we get so many out-of-town visitors to the Post. They come back year after year because they know they will not only be welcome, but they feel at home here. We don't pretend to be anything but what we are; a group with heart.

We've had an influx of volunteers in the kitchen for brunches, and that's great! I'm sure some of the ladies who serve the brunches would also be glad to go sit down and let others take their place. See Elsa Weeks if you want to help them out.

Another job that is available is painting the three exterior doors and their frames. They are steel doors and need to be washed down, fine sanded, with new primer sprayed over any places where rust has appeared. See me about appropriate color and type of paint. By the way, this is a summer job because we will have to let the doors stay open while the paint dries.

Volunteer corner: The post lawn and flower gardens are small but well manicured. I believe they help to make us a welcome neighbor. It takes time and effort to keep them that way. Gary Wagner plants and maintains the flower beds and "Fuzzy Collier, and his wife Nancy, mow and trim the lawn. They have also added to the landscaping. Neither of those jobs is very easy. I mowed the lawn for a couple of years and I can attest to the amount of labor. The picnic tables on the back lawn have to be tipped up and mowed around. If you think that's easy, try and lift one sometime. Gary Wagner's efforts in the flower beds speak for themselves. The only time you can't see any blooms there is when they are covered with snow. If you see a weed in the yard rip it out and dispose of it in the trash. Just don't pull the good stuff.

Apropos of nothing: "Never slap a man who chews tobacco" - Willard Scott

/s/

Thomas R Kane, Commander, VFW Post 3150

From the President of the Ladies Auxiliary:

Here we are in the middle of another hot and sticky Washington summer. Hope you are staying cool and hydrated. At least the weather stayed decent for our annual 4th of July cookout. The barbequed ribs and chicken was delicious, thanks to our "World Class Chefs," Eric Anderson, Ken Jansen and Wilbur Rawlings. They did a superb job.

At 1:55 P.M. the bell ringing ceremony started, the bell tolls thirteen times in honor of the original 13 colonies. This year, my Daughter Nancy (life member of 3150) came from Houston. And her sister,

Wauleah (newly joined 3150), making a total of 16 members to participate in the ceremony.

Two Lady Auxiliary members and several post members visited the Veterans Hospital and Nursing home, They took fresh fruit to hand out to the patients as they chatted with them, the members are always welcomed warmly. Don't forget to renew your membership, the early bird catches the worm, so to speak, you could win a "life membership" in our lottery later in August.

The month of August, has turned out to one of our busier months, with the Coast Guard celebrating their 218th birthday. Purple Heart day also; the Arlington County Fair starts on the 7th through the 10. It's being held at Thomas Jefferson School at 2nd Street and Old Glebe Road South. On the 14th, is something that is near and dear to my heart, it's the National Code Talkers Day. As many of you remember, the Indians used their native language to prevent the Japanese from decoding messages on troop and ship movements in the Pacific.

For all those celebrating birthdays and anniversaries, hope it a happy time for you. And those not feeling "so chipper," get well soon.

/s/

Elsa V. Weeks, President, Ladies Auxiliary 3150

From the President of the Men's Auxiliary:

Hello to all,

At our July meeting we had two new members voted into our Men's Auxiliary. They were Wilbur Rawlings and Nathaniel Miska. We welcome both of them into our auxiliary.

Post Commander Tom Kane stopped by and spoke to our members at our last meeting. I want to thank Commander Kane for his support to our auxiliary.

Fish and Chips Dinner: Our membership voted to have a Fish Fry on Friday September 19th from 6:00 to 8:00 pm. The menu well consist of Fried Haddock, Cole Slaw, Hush Puppies, French Fires and dessert. We will be selling advance tickets for \$9.00. See any auxiliary member to buy your tickets.

Membership: Also remember to pay your yearly dues for the 2008-2009 year by October 4th and join the post in the early bird dinner. For the Men's Auxiliary members who pay their dues by October 1st we will draw one name and pay their membership for the next year.

Our next monthly meeting will be held on Tuesday August 12th starting at 7:30 pm.

Happy 218th Birthday to the U.S. Coast Guard on August 4th.

Keep our troops in your thoughts and prayers. For the warm August weather be sure to check on your neighbors and friends. In closing, remember to fly your flag.

/s/

Ernie Deal, President, Men's Auxiliary 3150

John Lyon Members Named to State Positions

Post 3150 members have been named to Department positions in the state of Virginia for the Year 2007 - 2008. The appointments appear in the July General Orders. C.D. "Doc" Crouch was appointed Co-Chairman of the Membership / Life Membership Committee, and a member of the Legislative Committee and the Resolutions Committee. M.C. "Connie" Agresti was named Parliamentarian, and member of the Audit Committee, Legislative Committee, and the Resolutions Committee. Jerry Peterson was appointed Chairman of the Political Action Committee, the Blogmaster, and member of the Public Relations Committee. J.Gary Wagner was named as Vice Chairman of Americanism and member of the By-Laws and SOP Committee.

Catherine Graham was elected as the Department of Virginia Ladies Auxiliary Conductress.

Welcome to Our New Members

Welcome to new Post members, Eric Ciliberti (Navy - GWOT), Erik Iliff (Army - Iraq), Joshua McKenna (Army - Iraq), and Norm Murray (USAF - Thailand) (Life Tran), Ladies Auxiliary members Fonda Corbitt (reinstated) and Wauleah Ellison, and Men's Auxiliary members Nathaniel Miska and Wilbur Rawlings (trans), all elected at the July meetings.

Marching off...

Henry M Shine Jr, 83, on 20 June. He was a World War II veteran in the Pacific and a retired Captain in the U.S. Navy Judge Advocate General's Corps. He was also a retired Associate Professor of Public Administration for Troy University, teaching at many military installations around the world. Among his many activities in civilian positions and Federal Government, he authored the bill that created the Navy Judge Advocate General's Corps. A funeral service with Full Military Honors will be on Thursday, September 25, 2008, at Fort Myer Old Post Chapel and Arlington National Cemetery, at 8:45 a.m.

VA Announces On-Line Claims Applications

WASHINGTON (July 16, 2008) - The Department of Veterans Affairs (VA) announced today that on-line applications are now accepted from veterans, survivors and other claimants filing initial applications for disability compensation, pension, education, and vocational rehabilitation and employment benefits without the additional requirement to submit a signed paper copy of the application.

Effective immediately, VA will now process applications received through its on-line application website (VONAPP) without the claimant's signature. The electronic application will be sufficient authentication of the claimant's application for benefits. Normal development procedures and rules of evidence will still apply to all VONAPP applications.

VONAPP (www.va.gov/onlineapps.htm) is a Web-based system that benefits both internal and external users. Veterans, survivors and other claimants seeking compensation, pension, education, or vocational rehabilitation benefits can apply electronically without the constraints of location, postage cost, and time delays in mail delivery.

VONAPP reduces the number of incomplete applications received by VA, decreasing the need for additional development by VA claims processors. The on-line application also provides a link to apply for VA health care benefits and much more.

Over 3.7 million veterans and beneficiaries receive compensation and pension benefits from VA and approximately 523,000 students receive education benefits. Approximately 90,000 disabled veterans participate in VA's Vocational Rehabilitation and Employment program.

For more information about VA benefits, go to VA's website at www.va.gov <<http://www.va.gov/>> or call our toll-free number at 1-800-827-1000. (Source: VA News Release)

From the John Lyon Past...



“Big George” identified: The “cannon” out front of the post was recently put back in the spotlight with its repainting by Eagle Scout candidate Warren Mitchell and his fellow Boy Scouts. Some time back, 3150 member George Malleck sent us some information: “Someone in the post asked me what the weapon was that is planted in front of our post. Having taught at the U.S. Army Field Artillery School, the question was music to my ears....The weapon is the M5 antitank gun mounted on the M1 chassis. It was based on an older 1918 weapon. During WWII, a half track usually pulled it. The field manual for it is TM-9-322, *3-Inch Gun M5 and 3-Inch Gun Carriage M1*, March 1943.” George adds that “For those members who guessed it was a 75mm gun, they were close. 3” is 76.2mm.” A belated thanks, George, for the info!

In 2002, Past Commander Bill Jackson (1955-56) remembered when the weapon was brought to 3150. Past Commanders J.T. Vance (1948-49) and Buddy Speakman (1949-50) went to Aberdeen Proving Ground about 1950 --- when they were releasing military surplus to veteran organizations --- and towed it back to the Post. The plate on it identifies its origin: “Rock Island Arsenal 1944” A 1993 photo (above) shows it with the inscription “Big George” on the gun barrel. Past Commander John H.H. “Jack” Turner (1979-80), the longtime painter of the sign by the front door, reported that he had painted the inscription “Big George” and said it was named after Past Post (1947-48) and Department (1954-55) Commander George Dalby. There was discussion at one time about if and what to inscribe on the cannon and it was decided to honor the member once called “Mr VFW” within the entire state organization. The exact date of the inscription is unknown, but Jack joined Post 3150 in August 1966.

National Purple Heart Day

Thursday, 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.

U.S. Coast Guard Birthday

The U.S. Coast Guard will mark its 218th birthday on Monday, 4 August. The post will celebrate this event with a cake cutting ceremony at 7 pm. All members are invited to participate in this as well as other service birthdays.

John Lyon Shirt and Cap Days

John Lyon Shirt and Cap Days will be held this summer on Saturday and Sunday, 9-10 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 townfolk to ask about the Post and Auxiliary. All participants are asked to stop by the Post for a group photo after brunch 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 in blue and grey for \$15 as well as VFW Post 3150 baseball caps in navy blue and royal blue for \$18.

Summer’s still here.

Watch out
for kids



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!**

Reasons to Renew Your Membership Now

Yes, it's that time of year again. Even though your annual membership card is good until December 2008, the VFW will begin sending out renewal notices soon. As it takes a while to get everyone renewed, the process begins early. Why do it now?

1. Post and Auxiliary members who renew early will qualify for 3150's free Early Bird Steak Dinner on 4 October.

2. Post members will qualify for the Life Membership drawing done at the Early Bird Dinner. There will be six drawings, one for each of the five youngest year categories, plus one for the two oldest year categories (The post will continue its program to purchase a Life Membership for those annual members who will be 71 years old by 30 June of each year and who have been members of Post 3150 continuously for the previous five years.).

2a. Ladies Auxiliary 3150 has a Life Membership and two Annual Membership drawings in November for memberships for those who renew early.

2b. Men's Auxiliary 3150 will have a drawing for Annual Membership at the Early Bird Dinner from those who have renewed by 1 October.

3. Avoid all those renewal reminders, letters, and phone calls.

Respond to your renewal notice or send a check to the Post Quartermaster (\$30 or Life membership), Ladies Auxiliary Treasurer (\$35 or Life membership), or Men's Auxiliary Treasurer (\$30). VFW members may also renew on-line at www.vfw.org. Click on Membership, then Current Members, then Renew Your Membership.

Consider that Life Membership in the VFW or Ladies Auxiliary. The VFW is making it easy by providing three options: Lump sum payment, 12 month payment plan, and 24 month payment plan. For the two payment plans, there is a one-time \$35 payment and the VFW will bill you monthly for the remainder. Those who "go Life" and whose names are drawn will receive a refund for the Life membership payment, so you are not penalized for "going Life" when you renew.

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

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.

Mon, 1 Sep: Ladies Aux Labor Day Cookout, 2 - 5p
End of WW2 Ceremony, 2 pm

Thur, 11 Sep: Patriot Day (9/11) Remembrance 7 p

Sat 13 Sep: Quarterly VA Hospital Visit, 12 noon

Wed 17 Sep: Air Forces Birthday ceremony, 7 pm

Thur, 18 Sep: Ladies Auxiliary 94th birthday, 7 pm

Fri, 19 Sep: Men's Auxiliary Fish Fry, 6 - 8pm
POW / MIA Ceremony, 8 pm

Sun, 28 Sep: Gold Star Mothers Day, 2 pm

Mon, 29 Sep: VFW 109th Birthday, 7 pm

End of World War II Remembrance 2 pm 1 September

A short ceremony to commemorate the end of World War II, 63 years ago, will be held at the Post on Monday, 1 September at 2 pm. The Labor Day cookout will follow the ceremonies.

Arnold Dixon new Post 3150 Service Officer

Arnold Dixon was recently appointed new Post 3150 Service Officer and is gearing up to assist those veterans filing VA claims and seeking other assistance. You can leave a message at the Post home at 703-525-0108. Best to call after 3pm weekdays or noon on weekends. Your message will be passed on to "Arnie" who will get back to you. Former Service Officer Connie Agresti stands by to assist as well.

Outward Bound for OEF/OIF Vets

“Outward Bound, an international non-profit outdoor education program, is offering fully funded outdoor adventure excursions to all OEF/OIF veterans. It doesn't matter what your current military status is (active, inactive, discharged, retired) – “you're eligible to attend as long as you deployed in support of OEF/OIF combat operations while in the military. These five-day excursions offer adventure activities such as backpacking, rock climbing, canyoneering, canoeing, and dog sledding in beautiful wilderness areas in Maine, Texas, Colorado, California, and Minnesota. Scheduled courses from Sep 08-Feb 09 are listed below, and future courses will be scheduled soon. All expedition costs for lodging, equipment, food, and instruction are completely funded by a multi-million dollar Sierra Club grant, including the participants' round-trip transportation between home and the wilderness site. The excursion is offered at no cost to the participant. To sign up for one of the prescheduled courses, please contact Doug Hayward at 1-866-669-2362, ext. 8387, or simply e-mail him at obvets@outwardbound.org. To learn more about the OEF/OIF program, visit the website at www.outwardboundwilderness.org/veterans.html. You can also contact two of our retired Judge Advocates, Joe and Amy Frisk, who are working for Outward Bound on this incredible program at vetsor@outwardbound.org, or at (303) 968-4420.

“Open Enrollment Courses for 2008/2009
Outward Bound OEF/OIF War Veterans Expeditions

Leadville, Colorado: Backpacking and Rock Climbing in the Colorado Rockies September 3-7, 2008, October 4-8, 2008

Newry, Maine: Backpacking and Canoeing October 7-11, 2008, October 19-23, 2008

Big Bend, Texas: Back packing and Cayoneering November 2-6, 2008, November 15-19, 2008

Joshua Tree National Monument, California:
Backpacking and Rock Climbing December 3-7, 2008, December 14-18, 2008

Ely, Minnesota: Dog Sledding February 3-7, 2009

“John D. Mikelson, Regional Director for Distance Education, Student Veterans of America, P.O. Box 77673, Washington, DC 20013, (202) 939-9702, www.studentveterans.org

“Anne Atkins, Director of Communications, Virginia Department of Veterans Services 804 371-0441”

National VFW Convention

The 109th National VFW Convention will be held in Orlando, Florida, from August 16 - 21, 2008. Information can be obtained from the national VFW website (www.vfw.org, then 109th Convention), the state of Virginia's General Orders (www.vfwva.org), from the Post, and recent issues of the VFW magazine. Virginia's hotel is the Rosen Centre. Anyone planning to attend should let the post know so that we can coordinate several items.



Labor Day Cookout
Monday, 1 September
2 - 5 pm \$7.00
Brats with Sauerkraut
Baked Beans
Cole Slaw
Dessert

Sponsored by 3150 Ladies Auxiliary
RSVP: 703-525-0108

Ways to Renew Post 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 Current Members, then Renew Your Membership. 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 4 October.

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.



**Be an Early Bird!
Renew Now**

Vietnam Veterans Memorial On-line

An interactive version of the Vietnam Veterans Memorial is now available at <http://go.footnote.com/thewall/>. Every name etched into the wall is viewable online and linked to the vet's service record. Online visitors can add photos and describe their memories of the servicemen and women who died in the war.

VA Rolling Out Suicide Hotline Ads in DC

WASHINGTON (July 25, 2008) - Veterans and other residents of metropolitan Washington, D.C., have begun seeing outreach information on buses and inside subway cars about the suicide prevention hotline of the Department of Veterans Affairs (VA).The red-white-and-blue displays, the centerpiece of a new three-month outreach campaign, will highlight VA's suicide prevention hotline --1-800-273-TALK. If the campaign is successful in raising awareness, VA officials plan to extend the promotional campaign to other parts of the country.

"It takes the courage and strength of a warrior to ask for help," said Dr. James B. Peake, Secretary of Veterans Affairs. "That's the message of this outreach."

....In D.C., 80 buses, 220 subway cars and 10 subway stations will carry the displays until mid October. VA officials will measure the effectiveness of the outreach campaign by tracking any increase in calls to its suicide prevention hotline from telephone numbers in the metro D.C. area. VA's newest outreach to veterans and their families about suicide prevention includes soon-to-be-released public service ads featuring actor Gary Sinese. The ads are the latest outreach tool in a suicide prevention program that includes creation of a toll-free, round-the-clock hotline, which began operation last summer; the expansion of hours at VA's 153 medical facilities to care for veterans with mental health problems; the hiring of suicide prevention counselors at each VA medical center; and special training programs for all VA employees in medical centers and clinics to alert them to warning signs in veterans for suicide and other emotional problems.

....VA operates one of the largest mental health programs in the country, with about 9,000 mental health professionals, a yearly mental health budget of about \$3 billion and about 1 million patients who have a mental health diagnosis. (VA News Release)

Locker Fees Due

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

Recent Events Around the Post



<<< Post member John Mallon addresses veterans at the World War II Memorial in Washington on World War II Remembrance Day. The event was sponsored by the White House Commission of Remembrance and honored the “Greatest Generation’s” contributions over 60 years ago.

Ladies Auxiliary 3150 Buddy Poppy >>> display earned a third place ribbon in the contest at the recent Department Convention in Richmond. The display, created by Elsa Weeks, was made from about 500 poppies, and can be seen in the post home.



<<< Ready to cut the Army Birthday cake during recent ceremonies are Army veterans (clockwise from left front) Senior Vice Commander Michel Holtz, Tommy Saunders, Liv Martin, Al Quaye, Felipe Mendoza and Nelson Betancourt. The Army’s 232nd Birthday celebration was preceded by Flag Day ceremonies at the Post.

Recent Events Around the Post



<<< Post 3150 Commander Tom Kane (behind the lady photographer), Richard Hoffman, and Catherine Graham marched with VFW Posts 7327 (Springfield) and 5412 (Burke) behind the VFW State Color Guard and Department Commander Hal Roesch in the annual Fairfax County 4th of July parade. Tenth District Commander Margo Sheridan is to the left of Kane. “Doc” Crouch was the photographer. The parade is the centerpiece of Fairfax County’s annual Independence Day celebration and also features Fairfax VFW Post 8469.

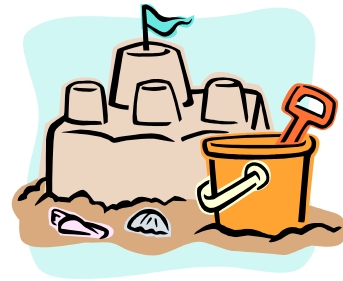
From the left, Arnie Dixon, Tom Kane, >>> and Ernie Deal encourage Wilber Rawlings and Eric Anderson who cook up some barbequed ribs and chicken in the backyard for the 4th of July cook out at Post 3150 following the bell ringing ceremony. About 60 people celebrated Independence Day with John Lyon Post.



<<< Pausing at the entrance to the VA Hospital Nursing Home are (l to r) Mark Pando, Seth Labadie, Arnold Dixon, Gary Palka, Tom Kane, Josh McKenna, Lola Kane, Eric Iliff, Annie McCormick, and J.Gary Wagner. Cathy Palka was photographer. New Post members McKenna and Iliff served in Ramadi, Iraq the same time as John Lake, a young Marine with the serious TBI injuries at the VA Hospital did, and they promised to visit him on their own.



VFW 3150 August 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 US Coast Guard Birthday 7:30 pm	5	6 Movie Night	7 Purple Heart ceremony 7:30 pm	8	9 John Lyon Shirt & Cap Day
10 Sunday Brunch 9 am - 1 pm John Lyon Shirt & Cap Day Photo 2 pm	11 House Com./ Post O Call 7:30 pm	12 Men's Aux Meeting 7:30 pm	13 Movie Night	14 National Code Talkers Day Post Meeting 8 pm	15	16 National Convention
17 National Convention	18 National Convention	19 National Convention	20 Movie Night National Convention	21 Ladies Aux Meeting 7:30 pm National Convention	22	23
24 Sunday Brunch 9 am - 1 pm	25	26	27 Movie Night	28	29	30
31	1 LABOR DAY End WW2, 2p Cookout 2 - 5p					

1 Sept - Labor Day Cookout: 2 - 5 pm
RSVP: 703-525-0108



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
P A I D
Merrifield, VA
Permit No. 9209

Dated Material Please Do Not Delay
Aug08

Address Service Requested

US Coast Guard
Birthday
4 August 2008



Purple Heart Day
7 August 2008