

The John Lyon Gazette

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August 2010



Veterans of Foreign Wars
John Lyon Post #3150
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The John Lyon Gazette: Winner of 1999, 2003, 2004, 2007, 2009 and 2010 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of National Second Place Award for 2010

Dixon to Sacrifice Hair for Cancer Aide and Research

Post Service Officer Arnold "Arnie" Dixon will have his hair cut to Marine Corps Boot Camp standards in a fund raiser for Cancer Aide and Research. His hair will then be donated to an organization that makes wigs for cancer patients undergoing chemotherapy. The big event will take place following Sunday Brunch on August 22. At 11:45, there will first be a drawing for a Patriotic Flag Wall Hanging (Raffle tickets will be on sale throughout Sunday Brunch. At 3 pm, bidding will begin to see who will have the privilege of making the first "snip" of Arnold's hair. Mike "Red" Lowe, Jr. Vice President, Men's Auxiliary, will be our official barber. Mike will "come out of retirement" to supervise the first cut and will give this Marine his Boot Camp "Cut for Cancer".

There are three ways to participate. Prior to Sunday, August 22, there will be "jars" at the canteen to allow our Post and Auxiliaries members to donate to our Cancer Aid and Research Fund as well as give Arnold encouragement to have his hair cut. All tips from the Brunch that day will also go to the project. You can also participate in the Patriotic Wall Hanging raffle during brunch. You do not have to be present to win. You can come to bid to cut Arnold's hair

All monies donated will go directly to the Ladies Auxiliary Cancer Aid and Research Fund. The Ladies Auxiliary to John Lyon VFW Post 3150 thank you in advance for your support of this project and in all of our efforts.



Post Service Office Arnold Dixon, seen above at last year's Purple Heart Day observance, will give up his locks for Cancer Aide and Research on 22 August.

From The Commander:

It's true, while on active duty, the "system" provides us one big safety net and support structure. If I had an issue, I could go to my buddy, squad leader, platoon sergeant, platoon leader, 1st Sergeant, company commander, Chaplain, etc. Someone along the line would provide the needed assistance; all I had to do was ask. And most often, even asking wasn't really necessary.

Recently I've been reading about the reported increase in Army suicides and have to wonder why is the system failing? And along with that thought I also have to wonder; what happens when the service member returns to the "world" and civilian life? What happens with the safety net then?

Long story short – it disappears. There are estimates that on average 18 veterans commit suicide each day. So what are we to do?

Although the Department of Veterans Affairs is a vital and integral component, I say that the "first line of defense", should be veterans' organizations such as ours. The VFW alone has around 8100 posts worldwide and some 1.5 million members. Each Post usually has members from each service, a definite plus for communications since there is that special kinship amongst members of each service.

I dare say that just being accepted and listened to, things we naturally do exceptionally well in the VFW, starts the process of healing. The old "been there – done that" also allows us to provide an extra measure of empathy. It allows us to connect and offer assistance on a level that only a fellow veteran may be able to. And last but not least - each post has a Service Officer, someone dedicated that can assist with getting professional help.

So if you know of, or suspect that a fellow veteran is dealing with negative, suicidal thoughts – do what we do best and offer your hand in comradeship. Let's get the safety net back up and help bring those terrifying statistics down to zip.

On a different note now; if you've been by the Post lately then you've surely noticed the great job that John Godsey, Mike McCartney, Mark Wolfe and Gary Woods did stripping, cleaning and waxing the floor of the main room. It took several hours but the results were well worth it. Thanks comrades.

And on behalf of the "kitchen crew" I would also like to thank Jason Cain, Mike McCartney, and Shawn Poulin for stepping in as the KP Relief Crew and helping with cleaning and putting the kitchen back in order after recent Sunday brunches. The assistance was truly appreciated. Our heartfelt thanks.

As events and new volunteer projects come about, we'd love to see some "new faces" step in and help out with those as well!

Yours in comradeship,

Nelson Betancourt, Commander, VFW Post 3150

"All right, they're on our left, they're on our right, they're in front of us, they're behind us...they can't get away this time". - General Lewis B. "Chesty" Puller, USMC

From the President of the Ladies Auxiliary:

Hail and Greetings:

As we move into the hot days of August let us think of our service men and women serving overseas in the heat. Remember those who are shut in or ill. A phone call or card does wonders to lift spirits.

Your Ladies Auxiliary has been busy. We do not take time off for the summer!

We are excited about our Cancer Aid & Research Day, August 22nd. During brunch we will raffle a Patriotic Wall Hanging. Afterwards, at 1500, Service Officer Arnold Dixon will have his hair cut to UMSC Boot Camp Standards. We thank Mike Lowe, Jr. Vice President, Men's Auxiliary, our official barber. Come bid to perform the "first snip" of Arnold's hair after which Mike will complete this Marine's "Cut for Cancer".

Remember, every time you come by the Post you are supporting Veterans. The VFW has many programs which need your support. Please consider volunteering to help at the Post and give a helping hand. Spreading work among many hands makes the tasks easier and your help can go a long way.

Our next meeting is Thursday, August 19 at 7:30 pm. Sisters, please attend and provide your input.

August 7th is National Purple Heart Day. Please continue to pray for and support our Veterans as we "Honor the dead by helping the living".

In Fortitude and Loyalty,

Mary Anne McCormick
President, Ladies Auxiliary
VFW Post 3150

From the President of the Men's Auxiliary:

Greetings all,

I often kick off this column with announcement of new members or encouragement to recruit new members. The reason I continue to place recruitment at the top of our newsletter is because a healthy number of members is the only way we can fully support the post as we would like, and share our friendship with like-minded people who share our wish to honor our veterans. Once again, please remember to let friends know of your participation in MA, invite them to the post and post functions, and ask them to join you in MA. Friends, family, and associates are all fair game.

The next Men's Auxiliary fundraiser is set for August 14th from 4 to 7 p.m. The menu is a variation on a past favorite: open-faced roast beef sandwich served with brown gravy, mashed potatoes, and corn on the cob. Dessert will be peach cobbler served with vanilla ice cream.

The event coordinator is Wilbur Rawlings. He will be glad to respond to your questions or comments. He can be reached at 703-330-6618. Please be sure to use the sign-up sheet at the post canteen to place your reservation. After all the reservations are filled, additional plates will be available on a first-come first-served basis. The grub is first-rate, so don't be left out.

While I'm on the topic, I must correct a terrible oversight from the last fundraiser. Many thanks from the Men's Auxiliary to Doc Crouch for the two wonderful cheesecakes. Doc was generous enough to purchase and donate all the ingredients, and prepare the cheesecakes. Thanks a lot Doc. I had two pieces and the cheesecakes were fabulous.

Hope everyone is having a good summer. Look forward to seeing everyone on August 14th at the Roast Beef dinner.

WL Binkley
President, Men's Auxiliary
VFW Post 3150

Welcome to Our New Members

Welcome to new Post members, Jason Cain (Army - Afghanistan - 4x Iraq), Patrick Long (Army - Vietnam), Leo Magee (Army - Iraq) (trans), and Norb Reiner (Army - Korean War) (Life Trans), elected at the July meeting with completed paperwork.

Renew or Go Life for Membership Drawings

All VFW Annual or Continuous members who renew or "Go Life" between 1 July and 30 September will qualify for the yearly Life Membership drawings held at the annual Early Bird Dinner in October. There will be a drawing for each of the five youngest age categories established by National, plus one for the two oldest categories which are be combined due to other programs covering these age groups. The result is that all Continuous or Annual members are urged to qualify quickly by renewing their dues from 1 July to 30 September. If you "Go Life" when you renew, and your name is drawn, you will be reimbursed the cost of your Life Membership.

Marching off...

Jean Beane, 28 June. From complications following surgery. She was the wife of the late Claude Beane. Both actively supported Post 3150.

Liz Bellon, on/about 12 July. Liz was the daughter of the late Post Member Dick Brennan, and had suffered from a long illness. She was Santa's chief elf for a number of years, working tirelessly for the 3150 Children's Christmas Party.



**Watch out
for kids
playing in
the summer
weather!**

Qualifying for VFW or Auxiliary Membership

Membership in the Ladies and Men's Auxiliaries is open to men and women whose spouse, parent, grandparent, child, grandchild, sibling, (and half-sibling who attain the status prior to the age sixteen) was or is eligible for membership in the Veterans of Foreign Wars of the United States of America. Documentation is required as it is for the Post. Members must also be at least sixteen years old. Those whose family members might be interested can get further information at the Post.

Veterans who served overseas in an active or passive war zone are likely eligible for the VFW. The best check is receipt of an Expeditionary or Campaign Medal, although some other qualifiers exist. The most common are World War II, Korean War and subsequent service there, Vietnam War, Desert Storm, and the current Afghanistan and Iraq Wars, but other campaigns and situations, such as Bosnia, Panama, Cuba, and Imminent Danger Pay also qualify. A DD Form 214 or other documentation which shows the qualification is required. Further information is available at the Post.

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

Men's Auxiliary Dinner Saturday, 14 August

Men's Auxiliary 3150 will host an Open Faced Roast Beef Sandwich dinner on Saturday, 14 August from 4 - 7 pm. Cost is \$10 and the meal will include the sandwich, mashed potatoes and gravy, vegetable, and dessert. Please RSVP to the Post at 703-525-0108.



John Lyon Shirt and Cap Days

John Lyon Shirt and Cap Days will be held this summer on Saturday and Sunday, 7 and 8 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 (seen above) prompted townfolk to ask about the Post and Auxiliaries. 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 new supply of the John Lyon tee-shirts in blue, grey and other colors for \$15.

U.S. Coast Guard Birthday

The U.S. Coast Guard will mark its 220th birthday on Wednesday, 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. An appropriate movie will follow the ceremonies.

Purple Heart Day

The Post will hold a short ceremony to honor those who were awarded a Purple Heart on Saturday, 7 August at 7:30 pm. All members are invited to attend.

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 or call the Post for more details.

Thur, 2 Sep: End of WW2 Ceremony, 7:30 pm

Mon, 6 Sep: Auxiliaries Labor Day Cookout, 2 - 5p

Sat, 11 Sep: Patriot Day (9/11) Remembrance 7:30p

Fri 17 Sep: POW / MIA Ceremony, 7:30 pm

Ladies Auxiliary 96th birthday, 7:45 pm

Sat, 18 Sep: Air Forces Birthday ceremony, 7:30 p

Sat 25 Sep: Quarterly VA Hospital Visit, 12 noon

Sun, 26 Sep: Gold Star Mothers Day, 1 pm

Wed, 29 Sep: VFW 111th Birthday, 7:30 pm

End of World War II Remembrance 7:30 pm Thursday, 2 September

A short ceremony to commemorate the end of World War II, 65 years ago, will be held at the Post on Thursday, 2 September at 7:30 pm.



Labor Day Cookout to Feature New Menu

The Ladies and Men's Auxiliaries invite you to come to the Post Monday 6 September 2-5 pm for grilled sausages, hamburgers, and more! We are looking forward to working together again to serve you great food. Join us for a good time. \$7 (under 10 free). Please put your name(s) on the sheet at the Canteen or call the Post (703-525-0108) to help us with the planning.

Cancer Insurance or Specified Disease Policy

The Ladies Auxiliary cancer insurance is also titled specified disease policy. The member is covered from the timeframe she is elected a member of the auxiliary participating in the plan. For those who transfer to a non participating auxiliary, their coverage will end when the year is up for the participating auxiliary. Specified diseases and cancer covered by this policy include: cancer (including leukemia), poliomyelitis, scarlet fever, smallpox, diphtheria, spinal meningitis, encephalitis, rabies, tetanus, tulermia, sickle anemia, cystic fibrosis, and typhoid fever. The plan allows for daily hospital benefit for up to 365 days, and will begin paying from the first day. It also has outpatient coverage for those covered procedures. There is no medical exam, nor age restrictions; the benefits are paid directly to the member or the specified beneficiary. If the member dies before processing is completed the payments are made to the estate. The application for a claim must be made within 20 days of the occurrence or commencement of any loss covered by the policy or as soon as is reasonably possible. The forms are available from the auxiliary treasurer.

Cancer Grants

Cancer Grants come from the National Ladies Auxiliary VFW headquarters. The member can receive up to two grants during her lifetime. She must be a member of the auxiliary one year prior to applying for a grant. The forms are available on the National website: www.ladiesauxvfw.org. Click the tab marked Programs and then cancer. You can print these out and mail them in. Alternatively you can click the tab marked Benefits, then Cancer. If the member dies before processing is completed, the payments are made to the estate.

Need a new DD-214 or other proof of military service?

Go to <http://www.archives.gov/veterans/military-service-records/get-service-records.html>

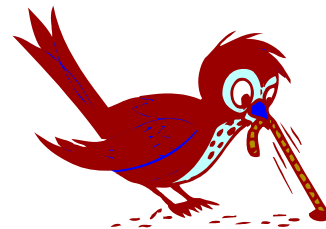
From the John Lyon Past...



The Post 3150 Color Guard and a company of other members march along Wilson Boulevard during a War Bond parade in 1945. The photo identifies only George Dalby as Color Guard Captain (left) and Roy Wood, rifleman, on the right. The Color Guard appeared often during the war years and became the District and State Color Guard during the 1950s. A later edition performed widely during the 1970s and 1980s. Can anyone identify the section of Wilson Boulevard?

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!** You can also email the Adjutant at adjpost3150@va.vfwwebmail.com.



**Be an Early Bird!
Renew Now**

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 2 October.

Were You Stop Lossed?

There are millions of dollars waiting to be claimed by service members and veterans who were stop lossed, and time is running out! Those eligible must submit their claim by Oct. 21, 2010.

The DoD Web site (<http://www.defense.gov/stoploss>) links to service-specific sites, where you can get more information, or begin the RSLSP (Retroactive Stop Loss Special Pay) claim process

The 2009 War Supplemental Appropriations Act established (RSLSP), providing \$500 for each month/partial month served in stop loss status. Service members, veterans, and beneficiaries of service members whose service was involuntarily extended under Stop Loss between Sept. 11, 2001 and Sept. 30, 2009 are eligible for RSLSP.

To receive this benefit, those who served under stop loss must submit a claim for the special pay. The average benefit is \$3,700.

Note on Eligibility: Effective Dec. 19, 2009, per the Defense Appropriations Act, stop-lossed service members who voluntarily reenlisted or extended their service, and received a bonus for such reenlistment or extension of service, became no longer eligible to receive retroactive stop loss special pay. (Source: www.vfw.org)

VA Makes Filing Claims Easier and Faster for Veterans

VA has shortened application forms to reduce paperwork for Veterans. The new forms, available on VA's Web site at www.va.gov/vaforms, include a shortened VA Form 21-526 for Veterans applying for the first-time to VA for disability compensation or pension benefits, and VA Form 21-526b for Veterans seeking increased benefits for conditions already determined by VA to be service-connected. To see the complete announcement, go to <http://www.va.gov/opa/pressrel>



The funeral of John Walls came up quickly after the 4th of July and the Post did not receive the word in time. John Lyon members felt the loss and determined to visit John's grave at Quantico National Cemetery for their own ceremony. Commander Nelson Betancourt (right) remembers John while others wait their turn. From the left are Liv Martin, Shirley McAlhaney, M.C. "Connie" Agresti, Charles Reddoor, Matt Miller, and Mark Wolfe. Photographer Mike McCartney and Post 7327's Margo Sheridan also attended.

Sunburned?

Go to http://health911.com/remedies/rem_sunb.htm for some ways to relieve the pain and discomfort of your vacation at the beach, the mountains, or your backyard.

Win a Life Membership: Reasons to Renew Your Membership Now

Yes, it's that time of year again. Even though your annual membership card is good until December 2010, 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 Dinner in October. Last several years it has been a great steak!

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.). 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.

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

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 (\$25 or Life membership), or Men's Auxiliary (\$30). VFW members may also renew on-line at www.vfw.org. Click on Membership, then Current Members, and then Renew Your Membership.

Consider that Life Membership. For VFW and Ladies Auxiliary Life memberships, see tables below. 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. Post 3150 will reimburse you the \$35 when your status changes to "Life".

The VFW is also offering an automatic payment for annual and installment memberships. You provide your credit card and they will automatically charge the card at the appropriate interval. See your renewal notice or the website for further information.

VFW Life Membership Fee Schedule

Age on 12/31 payment	One time	12 mos	24 mos
		plan	plan
< Age 31	\$425.00	\$40.39	\$20.23
31-40	\$410.00	\$39.02	\$19.58
41-50	\$375.00	\$35.84	\$18.05
51-60	\$335.00	\$32.20	\$16.32
61-70	\$290.00	\$28.11	\$14.36
71-80	\$225.00	\$22.20	\$11.53
81 and over	\$170.00	\$17.20	\$ 9.14

Men's Auxiliary

At the present time, there is no Life Membership for the Men's Auxiliary.

Ladies Auxiliary Life Membership Fee Schedule

Age on 12/31	Fee
Through Age 20	\$220
21-25	\$210
26-30	\$200
31-35	\$190
36-40	\$185
41-45	\$175
46-50	\$170
51-55	\$160
56-60	\$150
61-65	\$140
66-70	\$130
71-75	\$115
76-80	\$95
81-85	\$75
86-90	\$60
91 and over	\$50

Recent Events Around the Post



<<< Commander Nelson Betancourt (left) welcomes men and women of the VFW and Ladies Auxiliary Tenth District to Post 3150 for the recent District Planning Meeting. Also seen at the head table are (center) District Adjutant Chris Braun (Post 7327) and Junior Vice Commander Stan Dixon (Post 9478). The group determined meeting dates and reviewed other requirements for the coming year.

Ready to depart for the VA Hospital >>> Nursing Home in Washington for the John Lyon Quarterly visit in June, are (l to r) Nelson Betancourt, Wauleah Ellison, Mark Wolfe, and Mark Pando. The group distributed bananas, oranges, and pears to each of the residents, and took along laundry and personal items for their use.



<<< Members of the Post and Ladies Auxiliary gather before hitting the street prior to the recent highway cleanup. From the left are, kneeling, John Godsey, and standing, John Lundquist, Robert "Fuzzy" Collier, Mark Wolfe, Shirley McAlhane, Elsa Weeks, Lola Kane, J.Gary Wagner, Nelson Betancourt, and, center rear, Patrick Long. Weeks, Kane, Lundquist and photographer Karen Stewart worked inside the Post, and the others picked up trash along nearby Lee Highway.



Independence Day Around the Post



<<< John Lyon members Nelson Betancourt, Catherine Graham, and J.Gary Wagner (l to r) stand ready to line up with other Tenth District posts for the Fairfax County Independence Day Parade help in downtown Fairfax City during Independence Day weekend. Doc Crouch was also present with his camera loaded and ready for action.

Matt Miller rings the bell while >>> members of the John Lyon family gather at the flagpole to listen to Commander Nelson Betancourt read 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 eleven years.



<<< John Lyon members and their families enjoy the back yard during the Post 3150 Independence Day cook-out held at the Post following the National Bell Ringing ceremony.

VFW 3150 August 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 US Coast Guard Birthday 7:00 pm Movie Night	5	6	7 John Lyon Shirt & Cap Day Purple Heart ceremony 7:30 pm
8 Sunday Brunch 9 am - 12 n John Lyon Shirt & Cap Day Photo 2 pm	9 House Com./ Post O Call 7:30 pm	10 Men's Aux Meeting 7:30 pm	11 Movie Night	12 Post Meeting 7:30 pm	13	14 National Code Talkers Day Men's Aux Dinner 4 - 7 pm
15	16	17	18 Movie Night	19 Ladies Aux Meeting 7:30 pm	20	21 National Convention
22 Sunday Brunch 9 am - 12 n Cancer Aide & Research Fundraiser National Convention	23 National Convention	24 National Convention	25 Movie Nigh National Convention	26 National Convention	27	28
29	30	31	2 Sept VJ Day ceremony :7:30 pm			

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



US Coast Guard Birthday
4 August 2010



Purple Heart Day
7 August 2010