

The John Lyon Gazette

Volume 24, Number 8

February 2018



Veterans of Foreign Wars
John Lyon Post #3150
2116 North 19th Street
Arlington VA 22201
703-525-0108
<http://www.vfw3150.org>



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



Santa and Mrs Claus arrive to the excitement of youngsters during the annual Christmas party for children of junior enlisted soldiers named by the Army Community Service office at Fort Myer. Seventeen children received a bag of gifts from their Santa lists. Lunch for the families preceded the visit from the North Pole residents. The families also received a “basket” of items for a complete Christmas dinner and breakfast.

The local Shark Tank Swim Team donated a number of gifts to the effort and provided a gift bag to each of the mothers and fathers of the families. (below, left) Several members of the Shark Tank Swim Team pose with John Lyon members Cathy Graham and Brenna McVaney, and Carla Moss (center) from the Army Community Service



office at Fort Myer.

And (right), Santa and Mrs Claus present one of the youngsters with gifts from his wish list.



From the Commander:

Happy New Year, Comrades,

I hope that each of you had a great holiday season and have begun the new year revitalized by time with friends and family!

After closing for a few weeks over the holidays, the Post has reopened on the following schedule:

3rd Mondays at 7:30pm for Post Meetings (come early!)
3rd Tuesdays at 7:30 pm for Auxiliary Meetings
2nd Wednesdays at 7:00pm: GRiST Home Brew Club Meeting
1st Thursdays from 6-10pm for GWOT Happy Hour
Every Friday from 5pm-close and 50/50 raffle until 8pm
Every Saturday from 3pm- close with Yoga every first Saturday from 2-3pm
Every Sunday from 1pm-close

We have already had some great events to kick off the new year including a Friendsgiving with Team Rubicon on January 20th and a Student Veteran Happy Hour on January 26th. Our Super Bowl Party is always a blast and this year is no exception. The Patriots will be playing the Eagles on February 4th in Minnesota and we will have the Post open until 1hr after the game! Come hungry for wings, chili and some other great football food and show up early to claim your favorite seat!

For community service this spring we are doing food drives for the Arlington Food Assistance Center. Bring food for donation by anytime between now and March 10th to receive a drink token from the Post Canteen. On February 17th we will have a Food Drive Karaoke Night where for any food items brought for donation will receive a raffle ticket for a chance to win two seats to the Caps vs Islanders NHL game on February 20th! Donation items should be non-perishable, shelf stable food items.

With all the great things happening at the Post, it is unfortunate that we must end this month's column on a sad note. Over the holiday break a realignment at her professional job caused Comrade Brenna McVaney to resign as Senior Vice Commander. Brenna has been a great contributor to the Post both during her time as Senior Vice Commander, Junior Vice Commander, and before. Brenna brought us many great partnerships with many the organizations we work with regularly and has been a real backbone of success doing many often-thankless jobs around the Post. She will be sorely missed as a member of the leadership team, but we should all look forward to seeing her around the Post and at the monthly meetings. If you have never done so before, be sure to find Bree and tell her thanks for all of her dedicated service to the Post and epitomizing what makes John Lyon great!

Nic Hatfield will be moving up from Junior Vice Commander to Senior Vice Commander through Post Elections in April. EJ Delpero will be assisting with the duties of Junior Vice Commander until Post Elections as well. If you are interested in holding office at the Post for the 2018-19 VFW Year or would like to inquire about responsibilities and time commitments associated with various positions, please contact Senior Vice Commander Nic Hatfield at johnlyon3150@gmail.com.

Semper Fidelis,
Walter Sweeney
Post Commander
Legacy Life Member
VFW Post 3150

From the President of the Auxiliary:

Well, time just keeps moving on. Amazing how fast it seems to go the older I become. So far, this winter we have been very lucky that we seem to be in the middle of the storms which have approached us. (Though we are only about halfway through at this point.) They seem to hit north and even south this year dropping many inches of snow and ice, yet we have been spared the ugly stuff seen in other cities and states. Thank goodness! Unfortunately, we have not been spared the brutally cold temperatures. As a result, we have seen broken water mains throughout the DMV area. Please stay safe walking around and driving out there. Also, please check on our elderly and disabled. Make sure they are warm, have food and anything they may need. It's hard for some of them to get out and around in normal conditions, let alone our winter months.

Valentine's Day is almost here, so hope you will have a wonderful time with your special loved one, children, and friends. I'm personally accepting any extra candy you may find laying around your house! LOL. Just think, it won't be too much longer before I will be complaining about how hot it is outside! Or tell everyone it's time we break out the bikinis for a trip to Ocean City or the Outer Banks! In the meantime, I trust everyone had a wonder Holiday Season, and wish to Thank all the members that helped to make the Ft Myer families' Thanksgiving and Christmas successful once again. Having been down for the better part of six months and unable to function very well, I can't thank you all enough. I know how much work goes into that particular program and as usual, you all did a fantastic job! Thank You, Thank You, Thank You!

That's all I have this month, so take good care of yourself, and your loved ones. Happy Anniversary and/or Birthday to those who may be celebrating this month. Don't forget to check on our elderly and disabled. It will warm your heart, and bring a smile to them as well. Until next month stay warm!

Respectfully Submitted,

Nancy Weeks
President, VFW Auxiliary 3150

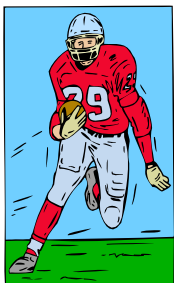
Weekly Drawing

Stop by the Post for \$1 drawings every weekend. One-member number will be drawn each week; 50% of the pot will roll over each week if the pot is unclaimed.

Moved? New Email?

Please notify us when you move or change your email! Send an email with your new address or email to the Adjutant at (new email address) adjpost3150@vfwva.org

Super Bowl Party



Join us to watch all the action of the big game! Food (pizza, Mike's Famous Football chili and wings), drinks, 50/50 raffle and more. Last year's Super Bowl Party was a very popular event, come early to make sure you get a spot and grab some chow before it's gone! The party kicks off at 5:30, game time at 6:30pm.

Facebook / Instagram

Join us on Facebook to get the latest Post info:
John Lyon VFW Post 3150
We are on Instagram! Follow us @vfwpost3150

Welcome to Our New Members

Welcome to new Post members Lawrence Cerruti, Sean Duncan, Walter Hursey, Tessa Knight, Michael Mancin,. Robert Senkel, and Cesar Valdesoso who were elected at recent meetings.

Youth Essay and Teacher Winners

The winners of the Post's Voice of Democracy and Patriots Pen youth essay contests are announced:

The high school VoD winners are

1st place: Drew A Sullivan (Yorktown H.S.)

2nd place: Victoria J. Revello,

3rd place: Lora J. Ivy,

HM: Natalie Lychak

HM: Tristan R May (Woodrow Wilson)

Except as noted, from Bishop O'Connell H.S.

The middle school Patriots Pen winners are

1st place: Bridget L. Rothwell

2nd place: Santiago C Inchauspe

3rd place: Andrew Murphy

HM: Matthew J Rolla

HM Emile G Edora

all from St Ann School

Teacher of the Year: Kevin Giblin (O'Connell H.S.)

Congratulation to our winners and thanks to all students who entered. Awards will be presented at a later date.

Student Essay Themes for 2018-19

Themes for the high school and middle school essay contests for 2018-2019 have been announced. For the High School **Voice of Democracy** contest, the theme will be "Why My Vote Counts" and for the Middle School **Patriot's Pen** contest the theme will be "Why I Honor the American Flag". Deadlines are November 1 to the Post.: Voice of Democracy essays should be recorded on an audio CD or a flash drive. For further information, go to the VFW national website at www.vfw.org, then click on Community, then Youth and Education, then the desired program. The top national awards are \$30,000 for Voice of Democracy and \$10,000 for Patriot's Pen. And Post, District and State awards will also be presented to winners at those levels. The programs were placed on the **NASSP (National Association Secondary School Principals) 2015-16 NASSP List of Approved Contests, Programs, and Activities for Students.** And we expect hos to be repeated for this coming year. (Note: new information / entry forms will be available on the VFW webpage in Mid-March.)

District Youth Winners

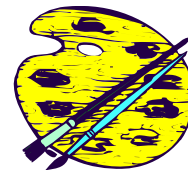
Victoria J. Revello was named first place in the Tenth District VOD contest and advanced the State competition. Bridget Rothwell was named third place in the District Patriot's Pen contest. Congratulations to our winners! Awards will be presented at the next Tenth District meeting on 18 March.

For additional info on all contests, send email to adjpost3150@vfwva.com



Eagle / Girl Scout of the Year

Any recipient of an Eagle Scout, Girl Scout Gold Award, Venture Summit Award, or Sea Scout Quartermaster Award may qualify. Deadline is March 1, 2018. Info and applications available at <http://www.vfw.org/community/youth-and-education>, then Scout of the Year.



High Schoolers: Art Contest

VFW Auxiliary's Young American Creative Patriotic Art Contest: grades 9, 10, 11 or 12. Deadline is March 31, 2018. See <http://www.vfwauxiliary.org>, then Scholarships, then Young American Creative Patriotic Art Brochure. To see winners since 1979, follow above link.

Additional info on both above, email to adjpost3150@vfwva.org

New Hours for Post Canteen

The Post Canteen is open as follows:
First Thursday of each month from 6-10PM
Every Friday from 5-10PM
Every Saturday from 3-10PM
Every Sunday from 1-6PM
Post may extend hours for various events.

A John Lyon Hello ...

To Santa's elves who took an "angel" from the tree and responded, to Santa and Mrs Claus, and the other elves, reindeer, etc., and many other members who helped out around the Post, visited the VA Hospital, and made Christmas a memorable occasion for the members of the veteran / military community and their families. And to those who helped staff the Tenth District Hospitality Room at the recent Winter Council of Administration meeting.

Tenth District Meeting

The Tenth District Meeting will be held on Sunday, 18 March, at McLean Post 8241, 1051 Springhill Road, (Phone 7821-2609). Meeting will begin at 1 pm, following lunch at 11:30 am. All VFW and Auxiliary members are urged to attend this meeting. District awards will be presented to VoD, Patriots Pen, and Teacher contest winners.

Digital Membership Cards

"Members now have the ability to download their digital version of their membership card.

"Depending on whether a member has an iPhone or Android, they will be able to download and access their digital membership card from the VFW app.

"This will not replace the physical VFW membership card - we will still be sending out membership cards to all our annual and Life members. This is intended as another option for our members' convenience.

"When asked to show a VFW membership card, a member can either produce their physical card out of their wallet or display their digital card on their smart phone." (VFW Release)

Auxiliary 83rd Birthday

VFW Auxiliary 3150 will celebrate its 83rd birthday on Tuesday, 20 February. Cake cutting will begin at 7 pm. All John Lyon members are invited to this historic event.

Are You Expired

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



Prepare your car for winter before driving and stay aware of conditions during your trip.

Get back home safely!

New Officers to be Selected

Post officers for the Year 2018-2019 will be nominated during the March meeting and 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 (parliamentarian), surgeon (welfare and hospital), officer of the day, guard, historian, and publicity chairman to be filled.

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

Food Drive& Karaoke Night 17 Feb

Bring in shelf-stable, non-perishable food items for donation to the [Arlington Food Assistance Center \(AFAC\)](#) and receive one raffle ticket per item for a chance to win two tickets to see the Washington Capitals take on the Tampa Bay Lightning on February 20th at 7PM.

Karaoke will begin at 6 and raffle tickets will be drawn at 7.

Bring your food items in before 5PM and receive a drink token!

The kitchen will be serving our full menu and you can't find a colder, cheaper beer anywhere else in Arlington!

A similar event with more Caps tickets will be held in March.

Leave Your Mark

As some of you may know, the furniture in the Post Canteen is quickly deteriorating. The tables and chairs that were generously donated by one of our members several years ago have been so thoroughly used that they will soon need to be retired from service.

While the replacement of the tables and chairs in the Post canteen is imminent and necessary, it is also costly. In order to offset the cost of purchasing new, durable, high quality furniture that will be able to serve us for years to come, I would like to offer you the opportunity to help us fund the update.

In exchange for your donation to this effort, you will have the opportunity to have a brass plaque with your name, branch of service, and years of service (or those of a fallen comrade you wish to honor and memorialize) mounted to the new furniture we will be purchasing. At press time there are several dining chairs available, at \$50 each.

If interested, please contact the Post Commander at cdrpost3150@vfwva.org.

Poses and Pints: Yoga

Join us for our monthly yoga session with the fine folks at Yoga Legion the first Saturday of the month. The next is 3 February at 2 pm.

This event is open to VFW & Auxiliary Members and service members and their dependents free of charge. Accompanying guests of these individuals may attend for a \$10 fee. Please bring your Membership card or CAC/Dependent ID for verification

Stick around after yoga to enjoy a beverage with other Yogis and Post members. Yoga participants will receive \$1 off their first beer or soft drink in the Post's Canteen following yoga.

All you need to bring is yourself, a yoga mat, and water. No yoga experience is necessary!

All proceeds will benefit the Relief Fund --- used to assist veterans and members of the Armed Forces and their dependents, widows, and orphans who are in need. Or the Post Building Fund --- used to improve our facilities so that we can continue to host events like these and many others that serve our community!

Yoga Legion is a non-profit organization dedicated to raising the awareness of the holistic benefits of yoga for veterans through the practice of yoga, outreach, and the facilitation of specialized yoga training for instructors who endeavor to serve veterans. For more info. go to <http://www.yogalegion.com/>



John Lyon members and guests pose afterwards for a group photo of those who participated at the December Yoga session.

Operation Best Foot Forward

[John Lyon Veterans of Foreign Wars Post 3150](#) has been a leader in Arlington County, Virginia since 1934. We are the closest VFW Post to Arlington National Cemetery and we regularly open our doors to those who are visiting loved ones who rest in this, one of our Nation's most hallowed resting places.

Founded before World War II, VFW Post 3150 occupies a former church turned VFW Post. This structure has seen more years come and go than most of our members and is in desperate need of improvements. From an outdated electrical system, to an HVAC system that struggles to keep up during hot summer months, there are a number of projects we must complete in order continue the use of our facility as a headquarters for service to our community.

At VFW Post 3150 we believe in advancing Veteran-related causes, promoting Americanism, and improving our local community. Our membership is comprised of Veterans of the United States Military who have served their nation in combat zones around the globe. These experiences empower our members to continue their service through positive contributions to the community, find camaraderie and common ground, and honor the memories of those who have paid the ultimate price for our freedom.

At John Lyon VFW Post 3150 we believe in service before self and welcome all veterans, active duty, reservists, military dependents and civilian members of our community to join with us in our mission to improve the lives of those who have served and are still serving our great nation!

Help us continue our long tradition of service with your donations today! Send check to the Post home or go to

<https://www.gofundme.com/vfw3150/donate>

[John Lyon Veterans of Foreign Wars Post is a Congressionally Chartered and Federally Recognized 501 \(c\) 19 Veterans Charitable Organization.](#)

Inquiries can be sent to johnlyon3150@gmail.com

From the John Lyon Past...

The 22 February 1935 edition of *The Northern Virginia Sun*, included this story about the forming of the 3150 Ladies Auxiliary:

“Mrs. Burnett Heads VFW Auxiliary in Arlington County

“Clarendon. Mrs. Loretta M. Burnett was elected president of the auxiliary to John Lyon Post, No. 3150, Veterans of Foreign Wars, at the home of Mrs. Hattie Musselman in Clarendon last night.

Other officers are Mrs. Nettie Wolf, senior vice president; Mrs. Carrie Goldstein, junior vice president; Mrs. Ruth Middleton, chaplain; Mrs. Hattie Musselman, conductress; Mrs. Helen Toone, treasurer; Mrs. Eleanor Twomey, guard, and Miss. Virginia Musselman, patriotic instructor.

“The officers were installed by the State department president, Mrs. Minnie B. Taylor of Roanoke.” (Several typos above were corrected.)

* * *

(A: VFW release on 21 August 2015 included the following:

“The former Ladies Auxiliary VFW, founded in 1914, is the VFW’s highly regarded support organization and is considered its ‘Partner in Service.’

“Under its former name Ladies Auxiliary VFW, membership within the organization was offered exclusively to female spouses and family members of any member of the Veterans of Foreign Wars.

“The gender-specific eligibility requirement remained for more than 100 years until July 20, 2015, when delegates to the VFW’s 116th National Convention in Pittsburgh voted to amend the dated by-law to extend the same membership opportunity to eligible males.

“Appropriately, the Ladies Auxiliary VFW has changed its official name to the VFW Auxiliary...”).

Recent Events around the Post



VA Hospital Visit

<<< Post and Auxiliary members and spouses and a law enforcement officer or two pose with boxes of fruit at the VA Hospital in Washington, DC, during the annual Christmas visit. The group distributed bananas and oranges to residents of the VA Nursing Home while Santa and Mrs Claus accompanied them and gave cheer to the residents.

Remember Pearl Harbor

(l to r) Post and Auxiliary members >>> J.Gary Wagner, Dennis Gerrity, Alyssa Buckley, Shirley McElhaney, and Bill Kelly pause after a ceremony to remember those who were killed or served at Pearl Harbor during the attacks 76 years ago which led to US involvement in World War II.



Post hosts Tenth District Meeting

Tenth District Commander Charles Wilson (Post 7916) (center rear) presides over the Tenth District Meeting held at Post 3150. As the Auxiliary did not meet, it was the first time in years that Post 3150 was able to host a regular district meeting.

VFW 3150 February 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Afghanistan Iraq and GWOTE Vets Happy Hour, 6 – 10 pm	2 Friday Happy Hour	3 Pose & Pints Yoga, 2 pm
4 Super Bowl Party, 5:30 p	5	6	7	8	9 Friday Happy Hour	10
11	12 House Committee / Post O Call 7 p	13	14 VALENTINE DAY GRIST mtg, 7 pm	15	16 Friday Happy Hour	17 AFAC fundraiser Karaoke, 6 pm
18	19 PRESIDENTS DAY Post Meeting 7:30 pm	20 Auxiliary 3150 83 rd Birthday, 7 pm Auxiliary Meeting 7:30 pm	21	22	23 Friday Happy Hour	24
25	26	27	28	1 Mar Deadline Scout of the Year 6-pm		

1 March: Deadline Scout of the Year Nominations



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

Dated Material Please Do Not Delay
February 2018



Presidents' Day
19 February 2018