

# The John Lyon Gazette

Volume 20, Number 8

March 2014



**Veterans of Foreign Wars**  
**John Lyon Post #3150**  
**2116 North 19<sup>th</sup> Street**  
**Arlington VA 22201**  
**703-525-0108/fax 703-525-8055**  
**<http://www.vfw3150.org>**



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



## **VFW Home for Children turns 89; Awareness Week is 23-29 March**

Established in January 1925, the VFW National Home for Children was created as a home for widows and orphans of deceased World War I veterans, but now includes other families in crisis. The National Home is a private, non-profit, licensed residential child care agency created to care for the developmental, social and spiritual needs of military and veteran families. The facility is not an orphanage, but a neighborhood of custom homes, service buildings and recreational land administered by a highly devoted staff and fully integrated into its surrounding community. More than 2,000 people have lived at the National Home during its 89 years of service. For more information, see [www.vfwnationalhome.org](http://www.vfwnationalhome.org). Detailed history is under LEARN MORE.

The National Home Helpline (800-313-4200) is often a family's first contact with the National Home. Whether families come to reside on the National Home's campus or get the help they need closer to home, National Home Helpline staff take the time to listen and understand callers' concerns so they can get to the root of the problem and help them find lasting solutions. The National Home Helpline provides military and veteran families with connections and resources that many people are not aware of – even when they are right in their own backyard.

As well as the Post's making donations in memory of our deceased Post members, John Lyon continues to collect Campbell's and other "Labels for Education" labels and send them to the National Home. A drop-off box is in the Post. The labels are used for such things as obtaining mini-buses and other things for the National Home. See separate story elsewhere in this issue.

## **From The Commander:**

Dear friends,

What a winter we are having...who wishes we were skiing right now? I will keep the column short this month so we can ice the sore muscles from all the shoveling!

First things first, sign up to receive this newsletter in email. We will not sell your address or spam you with email. Just news about the Post. It helps the post to save money on the newsletter while getting the newsletter to you a whole lot sooner.

Also, we are moving into one of the more important months of the VFW legislative year. We will be having meetings in early March with our elected officials within the Federal Government. Please be sure to reach out as a constituent to ensure that your voice is heard. Also, reach out to the post as we could use your help in meeting with them too. The more support we have the better. (Whether in person or through email and phone.)

The other and final point I wanted to touch on is that of volunteerism...AGAIN. We need support for our events; plain and simple. We will not succeed unless you are there to help clean; with dishes, sweep, mop, cook, etc. Brunch is wearing down our loyal volunteers and we could use some fresh bodies...especially from the post members. Come in and check out a brunch...stay to wash a pan or two. We look forward to your help!!!

Semper Fi,

Respectfully,  
Michael McCartney  
Commander

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

Dear Comrades and Auxiliary Members:

It is great to have the sun shining brightly today, hopefully for the remainder of the week if we can believe the weatherman. Don't shoot Phil, he only confirmed what the calendar would tell you--six more weeks of winter. We have 4 feet at home at the farm; it is sunny there today so hopefully some will melt. I plan to check out the garden later this afternoon.

We are still selling tickets for the Swarovski pearl crystal necklace (estimated retail value of \$125.00), five dollars for one or \$12 for three dollars. Tickets are available at the post. Hopefully, we raffle it before Easter Sunday, April 13. That is also a brunch Sunday and we will be having fun with Easter eggs that day as well.

I want to congratulate Chalina Seligson, who won the first Patriotic crystal necklace on Veterans Day. Chalina, I apologize for the late acknowledgement. I found your winning ticket tucked in my wallet recently. Congratulations, wear it with pride.

March 31st is coming soon, that is deadline for the VFW Auxiliary Patriotic Art Contest. Madeline Hardy, a graduate of Yorktown High School, won third place at the Department Convention last year. We are hoping for entries this year and continue our three year streak of receiving entries. I have high hope for entries as several of our Voice of Democracy winners are artists as well.

If you have not already done so, please renew your membership for 2014. Your renewals may be sent to the Post address, Attention: Cathy Graham.

We are looking for helpers to serve our bimonthly brunches. They are served from 9 a.m. to Noon. The kitchen help could use some assistance as well. We

have had several brunches lately that have served over 70.

Local Auxiliary members are invited to attend the monthly Ladies Auxiliary meeting on the third Thursday of the month at 7:30 p.m. All members are welcome. Come and learn about our many programs that serve our veterans and the community.

Happy Birthday to those with birthdays in February and March. Take care in this crazy weather.

Karen A. Stewart  
President, Ladies Auxiliary 3150

### *From the President of the Men's Auxiliary:*

We are in the final stretch of this Auxiliary year. Time to dot the *i*'s and cross the *t*'s, complete reports and build up the treasury for next year. I appreciated everything that has been done, the support given, and the "helping hands" that have made for a successful year.

Spring is just around the corner and with it comes new growth and life. The same can be said about our Auxiliaries and Post. As members, we are the ones who can plant new seeds, nurture them, and watch them grow and prosper. We are the gardeners, the keepers, and the guardians of our Post home. Only with our careful tending will the Post continue to be strong for the members who come after us. Help plant a new seed!!!!

There are several activities coming up in March. Good food along with great camaraderie. The Post will be hosting the infamous St. Patrick's Day dinner on Saturday, March 15. The Ladies Auxiliary will be holding their annual Crab Cake dinner on March 29. This is a major fundraiser for the Auxiliary Cancer Aid & Research program. Last year, the Department of Virginia Ladies Auxiliary contributed over \$100,000.00 to Cancer Aid and Research. You can also be a contributor by signing up to attend the dinner.

The Men's Auxiliary will achieve another milestone this month as we celebrate our 6<sup>th</sup> year anniversary. Everyone is invited to the cake cutting

ceremony on March 25<sup>th</sup> at 7:30 pm. I hope you can drop in and enjoy a piece of birthday cake.

The 10<sup>th</sup> District Meeting will be Sunday, March 16 at VFW Post 7916 in Occoquan. These meetings are open to all members and I encourage anyone who has never been to attend. These are a great school of instruction and also an opportunity to interact with members from other Posts.

Just a reminder that Election of Officers for next year will be held at our April meeting. All members in good standing are eligible to run for office. If you are interested in becoming an officer and cannot attend the meeting, you must submit your acceptance of nomination/election in writing.

Until next time . . .

See you around the Post,

*Wilbur Rawlings*

President, Men's Auxiliary  
John Lyon Post 3150

\* \* \*



### **Your Membership Expired 31 Dec**

If you haven't renewed your membership for 2014, it expired 31 Dec --- for the Post and the Auxiliaries. 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](http://www.vfw.org). Click on red RENEW MY DUES button on the right side. No need to login. 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 \$40.**

Members of the Ladies and Men's Auxiliaries may renew their memberships by sending a check to their Treasurer at the Post address on the first page. Ladies Auxiliary (\$25 or Life membership), or Men's Auxiliary (\$30).

## New Officers to be Selected

Post officers for the Year 2014-2015 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 (finances), chaplain, advocate (parliamentarian), surgeon (welfare and hospital), three year trustee (oversight), and three year house committee member (post home). Additionally, there are appointed positions such as adjutant (admin), officer of the day, guard, and publicity chairman to be filled.

The Ladies and Men's Auxiliaries will both nominate and elect new officers during their April meetings. Contact the appropriate President or one of the other officers for further information.

## Marching Off....

**Edward Daniel Muddiman Sr.**, 69, on 5 February. He was a member of Men's Auxiliary 3150 and was also active in American Legion Post 85 where he was a key in collecting toiletries and candy for our wounded warriors. Ed was often seen at Post 3150 Sunday Brunches. He was buried at National Memorial Cemetery in Falls Church.

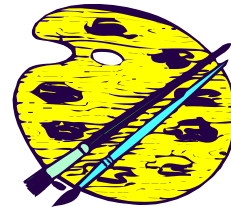
## Scout of the Year

Any Eagle Scout, Girl Scout Gold Award recipient, Venture Silver Award recipient, or Sea Scout Quartermaster may qualify for the Scout of the Year. Deadline is March 1, 2014. Awards up to \$5,000. Information and forms may also be obtained at <http://www.vfwva.org/programs.htm>. Or call Post 3150 at 703-525-0108 after 3pm for further information.

Nominations include a letter of nomination and up to several pages of supporting documentation.

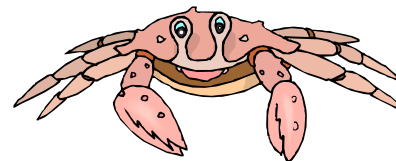
## Highway Cleanup 1 March

The Post has scheduled a winter Highway Cleanup along Lee Highway from Rosslyn to Veitch Street for Saturday, 1 March. Meet at the Post for coffee and doughnuts at 8:30 am. The post has pick-up sticks and gloves. Long pants and hard shoes are recommended. The event should take less two hours. In case of bad weather, the "rain date" is 15 March. Please come and help out!



## High Schoolers: Art Contest

Ladies Auxiliary's Young American Creative **Patriotic Art Contest**: grades 9, 10, 11 or 12. Deadline is March 31, 2014. See <http://www.ladiesauxvfw.org>, then Programs, then Scholarships, then Young American Creative Patriotic Art Brochure.



## Crab Cake Supper

Ladies Auxiliary 3150 will again hold their annual Crab Cake dinner this spring. The dinner will be Saturday, March 29th, from 4:30 to 7:30 pm at the Post. While final details are to be worked out, it is expected there will be three dinner packages available: a crab cake sandwich and 1 side dish, one crab cake and two sides, or two crab cakes and two sides. Final costs are yet to be determined. Reservations must be made in advance, by calling 703-525-0108 or stopping by the Post. In order to ensure that we have an adequate number of crab cakes available, please specify your meal choice at the time of your reservation.



## St Patrick's Day Dinner

John Lyon will be going green again this year on Saturday, 15 March 2014, with 3150's renowned corned beef and cabbage dinner. Salad, potatoes, and dessert will complete the meal, which will be served 4:30 - 7:30 pm. Price is \$12.00. Reservations are a must for this popular event: call the Post Home at 703-525-0108 or sign up in Canteen by Wednesday, 12 March to get your name on the list.

## Men's Auxiliary 3150 6th Birthday

Men's Auxiliary 3150 will mark their sixth anniversary with a cake cutting at 7:30 pm on Tuesday, 25 March 2014. Their charter was signed in 2008 on 25 March, establishing their official birthday. All John Lyon members are invited to this celebration.

## VA Hospital Visit, 8 March

John Lyon Post will make a hospital visit on Saturday, 8 March to the VA Hospital in Washington. Meet at the Post 12 noon to carpool to the hospital. Watch the Weekly email or check with the Post for updates.

## Labels for the VFW National Home

The Labels for Education includes most labels from Campbell's Soup, Swanson, Glad, V-8, Franco-American, Pepperidge Farms, Post cereals, BIC pens and pencils, Spaghetti-Os, and other products. Look for the "Labels for Education" logo or save the bar code. For more information on products, go to <http://www.labelsforeducation.com> and click on "About the Program", then "Participating Products". There is a drop box in the Post or you can mail them to the Post. The labels are gathered and sent to the VFW National Home in Michigan for mini-busses and other equipment.

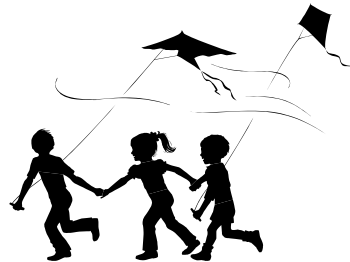
## Tax Scams

It's income tax time again and the scammers are trying to get the rest of our money. The government does NOT do business via the phone or email. Do NOT respond to phone or email requests for your bank account, social security number and other similar info. No matter what the webpage looks like or how nice the voice, THOSE are the bad guys!

## Electronic Newsletter, Address Changes Save Post \$\$

Because we use the third class rate for the Post newsletter, and the required "Address Service Requested" line above the address label, the Post Office charges us up to 50 cents (sometimes double due to overlapping dates) to forward your newsletter and send us your new address. **PLEASE let us know before you move!** You can also request the electronic color version of the newsletter instead of the black & white printed copy. Email the Adjutant at [adjpost3150@va.vfwwebmail.com](mailto:adjpost3150@va.vfwwebmail.com) for either.

**If you fail to notify us of your new address and we receive two notices from the Post Office, you will automatically be transferred to electronic newsletter.**



**Longer Days,  
March Winds.  
Watch out for  
children playing  
outdoors.**

## State Convention

The Department of Virginia's state convention will be held 5 - 8 June 2014 at the Fort Magruder Hotel and Convention Center, 6945 Pocahontas Trail, Williamsburg VA 23185, telephone 757-220-2250. Room Rate: \$87.00. Reserve room by 14 May 2014 to insure group rates.

## Help?

The busy brunch and dinner schedules mean the Post and Auxiliaries could often use some extra hands, whether cooking, serving, cleaning-up or washing dishes. If you've got some time, please consider offering a helping hand for one of these events.

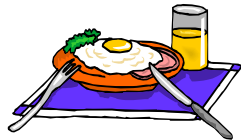
## Meet Your National Legislators

The VFW will hold its yearly National Legislative Conference Sun- Thur, 2 – 6 March at the Hyatt Regency in Crystal City, VA. This will include VFW National Days on the Hill in Washington. VFW members meet their legislators on Monday – Wednesday and ask for support on key issues. The Commander in Chief will address Congress on Wednesday at 10 am in the Dirksen Senate Room G50. If interested in attending, email the Adjutant at [adjpost3150@va.vfwwebmail.com](mailto:adjpost3150@va.vfwwebmail.com) and he will forward the agenda or contact with Legislative Committee member (3150's "Doc" Crouch). The announcement of Voice of Democracy National winners will be at 6 pm Monday in Crystal City at the Hyatt Regency.

## 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.

Sun, 6 Apr: Opening Day Ceremony, Arlington  
Little League, with Post Color Guard, 2 pm  
Fri, 11 Apr: Desert Storm Cease Fire, 7:30 pm  
Sat, 19 Apr: State Cmdr's & Pres's Homecoming  
Sat, 26 Apr: Highway Cleanup, 8:30 am



**Sunday Brunch \$8.00**

**9 am - 12 noon**

**Second and Fourth Sundays**

**Kids under 10 years eat free**

## Brunch Alum to Ski in Paralympics

Big John reports Heath Calhoun, a bilateral AK 101<sup>st</sup> Airborne vet made the USA Paralympic team in downhill. Calhoun used to come with his wife and baby to 3150 for our Sunday Brunches when he was at Walter Reed. You probably saw him in some recent TV commercials. Check him out at <http://universalsports.com/video/countdown-to-sochi-heath-calhoun/> The Paralympics are scheduled for 7 – 16 March from Sochi.

## VA Insurance?

If your loved one is deceased, always check with the Department of Veterans Affairs Life Insurance 1-800-669-8471. The surviving spouse/children may be entitled up to \$30,000 in life insurance. If they are WWII or Korean War veterans, they may have forgotten they have life insurance since the dividends from their life insurance are paying the premiums.

## Subscription Dues Take Effect

Starting 1 January, the VFW moved to Subscription Dues, meaning that no longer will membership for Annual Members expire on 31 December every year. Now membership will expire 12 months after a member's dues are processed by National Headquarters. That is, when the member joins or renews his/her membership, a "Paid Thru" or expiration date will be established 12 months into the future. If a member renews, say, several weeks before the "Paid Thru" date, he/she will be credited but the "Paid Thru" date remains unchanged except for the year --- It does not creep forward on earlier payments. Renewal notices will be sent in the weeks before the appropriate renewal date. The membership card will also have the "paid thru" date. NOTE: Those who paid for 2014 before 31 December will establish 31 December as the "paid thru" or expiration date.

So if you haven't renewed yet, go do it now and you will not have to renew for a year! You can also set it up so that the VFW will automatically renew you on your anniversary date.

## New in the Canteen: ATM

The Post now has an ATM for your convenience. AND the Post offers one of Virginia's finest craft brews and three others on draft --- and has an internet jukebox where you can hear your favorite songs for a nominal cost while donating to the Post. (The Post receives 35% of the receipts!)

Additionally your canteen at Post 3150 offers 12 different soft drinks plus bottled water and Gatorade, four different wines, and 13 canned and bottled beers, all at different price points. And coffee and tea are available.

The Post also offers free Wi-Fi for its members with a PC for you to use, or bring your own and check with the Canteen Manager to connect and surf the Internet. The Post has four TVs, including one large screen, to watch your favorite sporting or other events, and there is a Wii game waiting to challenge you. Use our games or bring your favorites. You can also try your hands at our dartboard.

### Hours for Post Canteen

The Post Canteen is open as follows:

Sun (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> )	3 pm – 9 pm
Sun (2 <sup>nd</sup> , 4 <sup>th</sup> , "Brunch")	9 am – 9 pm
Mon - Thurs	3 pm – 9 pm
Fri	3 pm – 10 pm
Sat	3 pm – 10 pm

Post may close at 7:30 if no one there. Call 703-525-0108 to check if open later.

## Newsletter in Color

### Post News Email; Did You Move?

You can receive the newsletter in color by email or download from the Post website at [www.vfw3150.org](http://www.vfw3150.org). Send an email to the Adjutant at [adjpost3150@va.vfwwebmail.com](mailto:adjpost3150@va.vfwwebmail.com) to request it. Those receiving it this way report they love it. One member wrote: **"It really looks much nicer on my computer screen in color at 125% magnification than squinting at the paper version and it's a lot easier to store and find at a later date."**

The Post also sends out periodic updates and reminders of upcoming events and other information of note to members via blind email. If you do not presently receive these and would like to be added to our email list, send an email to the Adjutant at the address above.

Please send an email to the same email address with your new address when you move. NOTE: If you fail to notify us of your new address and we receive two notices from the Post Office, you will automatically be transferred to electronic newsletter.

### Post 3150 Webpage, Facebook

The Post webpage is being redone. Stop by [www.vfw3150.org](http://www.vfw3150.org) and take a look. Additional improvements are expected over the next weeks.

We are also on Facebook: "Like" us at "John Lyon VFW Post 3150".



Ladies Auxiliary to VFW Post 3150 Presents the Anti-Bullying Program

### KARMA--Kids Against Ridicule, Meanness and Aggression

March 22nd 10 am to 3 pm

Veterans of Foreign Wars Post 3150

2116 North 19th Street,

Arlington, VA 22201

Cost: \$10/per child. **Must bring a brown-bag lunch.** No products containing nuts or nut products.

#### HOW TO REGISTER

STEP ONE: Email us to hold your spot at [jodiedajc@yahoo.com](mailto:jodiedajc@yahoo.com)

STEP TWO: Complete the application form for each child attending the event.

STEP THREE: Mail form and payment to confirm your spot.

# Recent Events Around the Post

Vietnam veteran Eric Anderson (left) >>> and Post Commander Michael McCartney pause following ceremonies remembering the 1973 Signing of the Vietnam Peace Accords at the Post. John Lyon Post 3150 is a 50<sup>th</sup> Anniversary Vietnam War Commemoration Partner; the commemoration flag is seen in the background.



<<< Preparing to cut their birthday cake are (clockwise from the front left) President Karen Stewart, Past President Elsa Weeks, Nancy Weeks, Past Presidents Gail Hoffman and Cathy Graham, Belle Woods, Past President Jodie LaFreniere-Dajc, Bonnie Britton, and Wauleah Ellison. Ladies Auxiliary 3150 was chartered on 19 February 1935 and the ladies celebrated their 79<sup>th</sup> Birthday!

## *From the John Lyon Past...*



The recent weather reminded us of the twin storms February 2010. Above you can see two views of the Post that week. We were closed four or five days during that storm series. This year wasn't too bad!



# VFW 3150

## March 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 March -----→ Deadline Scout of the Year Entries	1 Highway Cleanup 8:30 am (Rain date 15 March)
2 ←-VFW	3 National	4 Legislative	5 Conference  Ash Wednesday	6 Wash,DC →	7	8  VA Hospital Visit 12 n at the Post
9  Daylight Savings Begins  Sunday Brunch 9 am-12 n	10  House Committee / Post O Call 7 pm	11  Men's Aux Meeting 7:30 pm	12	13  Post Meeting 7:30 pm  Officer Nominations	14	15  Highway Cleanup (rain date)  St Patrick's Day Dinner, 4:30-7:30p
16	17	18	19	20  Ladies Aux Meeting 7:30 pm	21	22  KARMA 10 a - 3 p
23 < ---VFW  Sunday Brunch 9 a - 12 n	24 National	25 Home  Men's Aux 3150 6th Birthday. 7:30 pm	26 Awareness	27 Mar Week,	28 23 -29 Mar	29 -----→  Auxiliary Crab Cake Dinner, 4:30-7:30 p
30	31  Deadline Patriotic Art Contest Entries, 6 p					

**RSVP - St Patrick's Day & Crab Cake Dinners:  
703-525-0108**



**JOHN LYON POST # 3150**  
**"All American Post"**  
**Veterans of Foreign Wars**  
**2116 North 19<sup>th</sup> 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**

**March 2014**

**Address Service Requested**



**St. Patrick's Day**  
**Dinner**

**Saturday**

**15 March 2014**

**4:30 – 7:30pm**

**Reservations**  
**Required**

**703-525-0108**