

# The John Lyon Gazette

Volume 12, Number 4

October 2006



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 and 2004 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of Second Place Award for 2000, 2001 Ladies Auxiliary Award: Best Newsletter in Virginia, 1999, 2001, 2003, 2004, and 2006; Best Newsletter in the Nation, 1999, Second Place 2006



## US Air Force Memorial nears completion; dedication set for 14 October

The three stainless steel spires of the new Air Force Memorial take shape amid construction cranes, on a hilltop overlooking the Pentagon. The site is near Arlington National Cemetery on Columbia Pike on land near the Naval Annex. The memorial will

include the three spires--- the tallest 270 feet --- emulating a starburst by the Thunderbird aerial demonstration team and is scheduled for dedication at 1:30 pm on 14 October 2006. Architect James Ingo Freed wrote "The Air Force Memorial is rooted in the necessary symbolic transition of making the medium of the Air Force visible. The Navy has the medium of water, which can always be shown in fountains, and the Army has the medium of land, which can be referenced with mountains and plains; the Air Force has the medium of air, which is very difficult to show. The core of this effort lies in making air tangible, making technology felt. But, before the Memorial could take shape, the critical component, the site, had to be analyzed for its informational and formational impact. In this case, the promontory overlooking Washington brings to bear the possibility of launching the Memorial through the edge condition it presents." For more information, see <http://www.airforcememorial.org/design/index.asp>

## *From the Commander*

September has proved to be yet another busy month. As they say, another day and another dollar two ninety eight. This month we got our dollar two ninety eights' worth. We managed to accomplish a couple of the items on the house committees punch list. We now do not have to worry about making an unexpected visit to the first floor. The floor in the attic has been replaced and in doing so, we have doubled our storage space. A much needed area. In the process, between the attic and the office in the basement, much trash and or items of no further use have been discarded. To the joy, I'm sure, of many of our comrades and sisters, we have also installed several air purifying units in the hall and canteen areas. Much needed and long overdue. We also installed about 300 feet of new electrical wire in the overhead (ceiling) to allow for future electrical needs. At this point I really need to thank comrades Tom Kane, Ken Jansen, Richard Hoffman and Greg Moscatel for stepping up to the plate to assist in making these things all happen. But I will: Thanks!



At the request of President Karen Stewart, I had the pleasure to speak to the Ladies Auxiliary membership. Speaking on topics ranging from brunches, improvements to the post home, our working relationship and of course membership, I believe all went well. You know, we all get to see the ladies at some point, but it's nice, from the commander's standpoint, to able to talk to them all at once. Thank you, ladies, hope we can do it again.

We had several functions this past month, keeping us quite busy. Seemed like we were more busy than usual. Between brunches, meetings, functions and of course, projects. I think you can say we were right out straight. I want to thank comrade Gary Wagner for his continued support and the full time job of trying to keep me in line. Boy, he has his hands full. Thanks Gary.

Next month will be another busy one. Hope to see you all at brunch or some of the functions.

Still could use some help in the kitchen

Thank you your support. See you next time.

Yours in comradeship,

/s/

Eric Anderson  
Commander, VFW Post 3150

## *From the President*

Here we are nearing the end of September--it seems like the summer has flown by. The coming months are packed with activities planned by the Post and Auxiliary. Check the October calendar for activities. We will be observing the U.S. Navy Birthday on October 13 and a Halloween Party is planned for October 28.

On September 15th, Cathy Kerns-Deal and I attended the 10th District Joint Meeting and class of instruction at the Springfield Post. I had the opportunity to meet other auxiliary officers and members, as well as learn more about membership. I was honored to be asked to participate as a flag bearer in the floor exercises. For someone who had never observed the ceremony and no knowledge of what to do, it was quite an experience. I did enjoy myself but believe me was not a pretty sight. All auxiliary members are eligible to attend these meetings.

On September 21<sup>st</sup>, Commander Eric Anderson met with the auxiliary and discussed issues of concern and advised us of changes that have been made and also those planned for the Post. Patricia Jurgenson, the District President, conducted an audit of the auxiliary and spoke to the attendees about auxiliary programs. Sister Annie McCormick was initiated into the Auxiliary as a life member and welcomed warmly by Patricia and our members.



The next Auxiliary meeting will be October 19 at 7:30 p.m. Be aware that Daylight Savings Time ends on Sunday, October 29. Halloweeners (aka Trick or Treaters) will probably be out in force on Halloween which falls on a Tuesday this year.

Happy Birthday to those of you born in October.

/s/

Karen A. Stewart

## VFW Life Membership Fees to rise significantly

This may be the year to "Go Life". The National Convention raised Life Membership dues, effective 1 January 2007. The increases are to ensure that the organization has the funds to operate in the future and are the first increases in about eight years.

Age	Now	New	% Increase
30	\$245	\$425	73.47
31-40	\$235	\$410	74.47
41-50	\$215	\$375	74.42
51-60	\$195	\$335	71.70
61-70	\$165	\$295	75.76
71-80	\$125	\$225	80.00
81 & over	\$ 80	\$170	112.50

Any applicant whose 31st, 41st, 51st, 61st, 71st or 81st birthday will occur after the date of application and on or before December 31st of the current calendar year, shall pay only the fee that would be required on his next birthday.

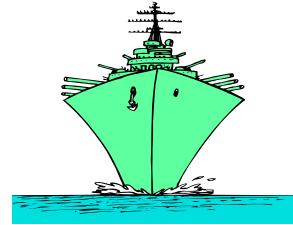
If you already renewed Annual and wish to Go Life, your annual dues will be applied to Life Membership until 31 December. Send total amount and you will receive a refund for the difference. You can do this through the mail, the webpage, or at the post. But it MUST be received by National by 31 December.

## Daughter of Post 3150 Member Killed in Shooting

Morgan Nelson, 24 year old daughter of Post 3150 member Michael Nelson, died 20 September after a shooting near Clinton, MD. The Washington Post reported "That night, police found a man in the middle of the road with a gunshot wound in his chest and Nelson in the front seat of a car not far away." Mike Nelson has been very active with Walter Reed programs, including our Sunday brunches. Our condolences to the Nelson family on this tragic loss.

## Welcome to Our New Members

Welcome to new Post members, Davin Ernsberger (USMC - Iraq) (Life) and Richard Fields (Army - Vietnam), elected at the September meeting.



## U.S. Navy Birthday

The Post will commemorate the U.S. Navy Birthday on Friday, 13 October, at 7:30 pm. As usual, members of all services are invited to attend this celebration.

### *Marching Off...*

Orson Trueworthy, 93, on 13 April. He was an Army veteran and served in World War II in the Asiatic-Pacific campaign and later in Occupied Japan. He joined the VFW as a Life Member in early 2004.

William E "Bill" Lewis, 79, on Sunday, August 27, in Arlington, VA. Bill, a Navy veteran, served on the *USS Pittsburgh* during World War II. He was buried in Bluemont, VA.

Gaspar Manuz, 83, on 31 August. He was a Navy veteran, stationed on *USS Heerman* (DD 532) during World War II and who participated in most of the major battles of the Pacific including the Battle of Leyte where his ship was the sole surviving destroyer of the battle off Samar. Gaspar was also a charter member of VFW Turner Barnes Post 8036 in Lone Pine, Ca, in 1946, but he had been a Life Member of Post 3150 since August 1991. His son is former 3150 Senior Vice Commander, Manz Manuz.

The Honorable Joel T Broyhill, past 3150 member and former US Congressman, on 24 September in his Arlington home.

## **Students and Teachers: Deadlines Approach**

Deadlines for three contests approach quickly. Entries for Voice of Democracy and Patriot's Pen essay contests and nominations for Teachers of the Year must be sent to Post 3150 by November 1.

Voice of Democracy: audio essay contest for grades 9 through 12. The 2006-2007 theme is "Freedom's Challenge". Deadline is November 1, 2006.

Patriot's Pen: essay contest for grades 6, 7 and 8. The 2006-2007 theme is "Citizenship in America". The deadline is November 1, 2006.

Teacher of the Year: top elementary, junior high and high school teachers who teach citizenship education topics regularly and promote America's history and tradition. Fellow teachers, supervisors or other interested individuals can submit nominations by November 1, 2006.

Awards are presented at post, district, state, and national levels and can add up to thousands of dollars. Deadlines are to local post.

Further information, including entry forms, brochures, and back ground, are available at [www.vfw.org](http://www.vfw.org), then Programs & Services, then Youth Development or Citizenship Education. Or call Post 3150 at 703-525-0108 for further information. VOD and Patriot's Pen forms may also be obtained at [www.vfwva.org](http://www.vfwva.org), then Forms.

## **Highway Cleanup, Make a Difference Day 28 October 2006**

The Post will again participate in national Make a Difference Day on Saturday, 28 October, by doing our periodic Highway Cleanup along Lee Highway from Rosslyn to Veitch Street. 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 about two hours.

## **Post Halloween Party**

The Post will hold a Halloween Party on Saturday, 28 October starting at 7 pm. There will be music, special prices, door prizes, and snack foods. Dig out your favorite costume and join us as we mark this Fall Festival.



**Watch out for  
little spooks  
and goblins  
on Halloween!**

## **New VFW Military Family Scholarship**

The VFW announced a new military family scholarship at the VFW National Convention. There will be 25 \$3000 scholarships awarded. Points are awarded to those currently on active duty or discharged within 12 months of the 31 December deadline. There will be five scholarships awarded to members of each of the five services. Required documentation includes DD214, photostat of VFW membership card and the spouse's Auxiliary membership card, letter from the member's post commander, and list of new members recruited. Additional points can be earned for holding Life Membership and a VFW office or chairmanship. The form is available on the National webpage at [www.vfw.org](http://www.vfw.org), then Programs & Services, then Scholarships. Copies are also available in the post/

## ***A John Lyon Hello to...***

Gene Miller and Joe Weeks, ad to Past Department Commander Larry Mattera, all recently hospitalized and recovering at home. And to Jack Turner for doing his normal great work on the post sign outside the front door.

## Annual Dues to Go Up?

The National Convention raised the tariff on annual members by \$3.00 effective 1 January. Post 3150 has not determined what effect this will have on Post dues as of this date. But annual members should be safe and renew their membership prior to this date.

### Charge Your Renewal On-Line Also Change Address, Replace Lost Card

Post members who would like to charge their annual renewals may do so on-line at [www.vfw.org](http://www.vfw.org). Once you reach the national VFW webpage, click on "Membership", then "Member Tools". You will then see a list of member options which will allow you to pay your annual dues or sign up for Life Membership. You can also obtain a duplicate life or annual membership card or change your address. You will need your membership number, found on your membership card for any of these transactions, plus the Post dues amount to renew (\$30).

## Pharmacy Scam

The VFW has forwarded information on a new scam: Veterans may receive a telephone call from someone who indicating they were "from the VA pharmacy" and requesting the veteran's full Social Security Number, followed by a complete list of medicines and dosages under the guise of "new co-pay regulations." They may then indicate that the new regulations would mean the veteran owed a large sum of money and ask for credit card info to pay the bill. Veterans are advised that this is not a legitimate VA contact and to not provide any information.

## Beer Belly Control

"Over 90 million Americans enjoy drinking beer! Drinking moderately has been proven by many doctors, as well as the New England Journal of Medicine, to be a healthy component of longevity. In fact, moderate consumption of alcohol, including beer, has been proven to reduce the effects of high cholesterol, heart disease, some forms of cancer and even impotence. Anything

done in excess is naturally unhealthy. Moderation is defined by most doctors as 1-2 beers a day. And NO, you cannot save up through the week and catch up on the weekend drinking 10-12 beers in an evening. That is NOT moderation. There is even a U.S. Beer Drinking Team ([www.usbdt.com](http://www.usbdt.com)) that links beer enthusiasts and promotes moderation, responsibility, and healthy living.

"The average can of beer has over 100 calories. Drinking one beer is equivalent to eating a chocolate chip cookie. Drinking four is equal to eating a Big Mac Hamburger. In order to lose weight, you have to burn off these extra calories as well as the other calories that you ate for breakfast, lunch and dinner. Even the lightest of beers has the empty calories of alcohol, which is the cause of poor health if done in excess and without a regular exercise routine. Unfortunately, too many Americans live under one of the worst stereotypes placed on a human being - the BEER BELLY. This is caused by excess calories in your diet and lack of activity to burn the extra calories. The solution to lose your beer belly is as simple as calories in must be less than calories out or  $\text{Calories IN} < \text{Calories Out (burned thru exercise)} = \text{Weight Loss}$ . If you can add exercise into your schedule for 20-30 minutes a day, your daily consumption of alcohol (1-2 beers) will not have any additional impact on your gut. To lose your beer belly, you REALLY have to watch your food and beverage intake, drink 2-4 quarts of water a day, and fit fitness into your world. There is no other healthy answer! The exercise and workout ideas below can get you started on your calorie burning plan. For more tips on burning calories refer to [www.military.com/NewContent/0,13190,Smith\\_Index,00.html](http://www.military.com/NewContent/0,13190,Smith_Index,00.html):

1. Workout #1: This is a great full body calorie burner: Walk, run or for 5 minutes + 20 squats + 10-20 Pushups + 20 situps or crunches. Repeat 3-5 times.
2. Workout #2: Swimming and elliptical gliding (cross country skiing) burn the most calories per hour (This workout can burn up to 1000 calories in one hour). Swim 20-30 minutes non-stop or elliptical glide 20-30 minutes. [Source: Military.com Weekly News 21 Aug 06]" (quoted in ROA Bulletin Update, 1 September 2006)

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

The following article appeared in *The Washington Post* on 26 October 1934:

### **“W.W. Burnett Elected by Clarendon V.F.W.**

“W.W. Burnett was elected commander of the newly organized Veterans of Foreign Wars post at a meeting last night in Clarendon, Va. The name of the post has not yet been selected.

“Other officers are: C.C. Musselman, senior vice commander; Harry L. Taylor, junior vice commander; Charles G. Parker, adjutant;; John Henry, officer of the day; Francis Schaeffer, guard; W.B. Bennett, chaplain; and Austin J. Matthews, publicity officer.”

### **Hours for Post Canteen**

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

The Post Canteen is open as follows:

Sun (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> )	12 noon – 9pm
Sun (2 <sup>nd</sup> , 4 <sup>th</sup> , ”Brunch”)	9 am – 9 pm
Mon - Thurs	3 – 9 pm
Fri	3 – 10 pm
Sat	12 noon–10 pm

### **Scam? Check with FBI**

If you are suspicious about phone calls requesting information, such as the new scam requesting your Social Security Number after your supposedly missing jury duty, you can check the FBI webpage at [www.fbi.gov](http://www.fbi.gov). And of course, **never** give your SSN to anyone calling you on the phone and requesting it.

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

## **Update: The National Museum of the United States Army**

Located at Fort Belvoir, Virginia, just south of the nation’s capital and minutes from Mount Vernon, the Army’s National Museum will portray and preserve the Army’s unique heritage, both as an institution and as one of the cornerstones of American democracy.

The state-of-the-art facility will illustrate how the Army’s history is intricately interwoven through all aspects of the American experience. Through interactive exhibits, educational programs, and simulation displays, the Museum will educate a million visitors annually. Personal soldier accounts of service and sacrifice will offer visitors an invaluable perspective on how much our country owes its Army and its soldiers, past and present and future. At a time when the Army’s role is becoming less apparent, this world class Museum will help visitors better understand that the values of America’s soldiers—service, sacrifice, duty, initiative, ingenuity, resilience, honor, and courage—truly represent the most unique and distinguishing features of our national character.

For more information on **The National Museum of the United States Army**, including how you can help, go to [www.armyhistory.org](http://www.armyhistory.org) or see information in the post home. (Excerpted from Press Release)



**Lt John Lyon**  
2 April 1893 – 16 October 1918

# Recent Events Around the Post

## 9-11 Remembered

Members of Post 3150, the Ladies >>> Auxiliary, and friends gather to remember the events of 11 September 2001 during ceremonies at the post. From the left are Carol Rawlings, Richard Hoffman, Shirley McIlhaney, Jim Proels, Karen Stewart, Mike Holtz, Butch Hovermill, Eric Anderson, Ralph Huston, Jodie LaFreniere-Dajc, Tom Kane, Wilbur Rawlings, George Flannigan, and J.Gary Wagner.



<<< Ladies Auxiliary President Karen Stewart placed a red rose on the POW/MIA table during recent ceremonies marking the special day of remembrance. Others participating in the ceremony included (from the left) Post Chaplain Ralph Huston, Junior Vice Commander Mike Holtz (mostly hidden), Judge Advocate M.C. "Connie" Agresti, Adjutant J.Gary Wagner, Commander Eric Anderson, and Butch Hovermill. Anderson explained the significance of items as they were placed on the POW Table during ceremonies marking POW/MIA Remembrance Day in September.



J.Gary Wagner and Jodie LaFreniere- >>> Dajc cut the cake during the Air Forces Birthday celebration. The event not only marked the 69<sup>th</sup> birthday of the US Air Force, but also honored those of the Army Air Service, Army Air Corps, and the Army Air Force. Wagner is retired Air Force and Dajc is the daughter of a retired Air Force veteran.





# Recent Events Around the Post

Afghanistan / Iraq veterans and other >>> younger members of the post recently met to get to know each other. From the left are (front) Jeff Wong, then Mike Holtz, guests Brian and Scott, Sean Mentus, George Carter, and Al Quaye. Duvall Diaz and wife Mercedes also attended. This was the second special meeting of Post 3150's younger veterans.



<<< Commander Eric Anderson and members of the Ladies Auxiliary prepare to cut the cake for the 92nd Birthday of the Ladies Auxiliary to the VFW. Sitting are Catherine Kerns Deal, Gail Hoffman, and Catherine Graham and standing are Jodie LaFreniere-Dajc, Annie McCormick, Tenth District President Patricia Jurgenson (LA 609), President Karen Stewart, Elsa Weeks, Virginia LePage, Marian McIntyre, Ruth Rodier, and Commander Anderson. The ceremony was held prior to the Ladies Auxiliary 3150 meeting, when Anderson addressed the Auxiliary and Jurgenson visited for the yearly inspection.

With Past Commander Greg Moscatel >>> “up in the tree”, Tom Kane, Richard Hoffman, and Lola Kane cut and pick up smaller branches. Along with Gail Hoffman, the group assisted an elderly woman whose two older trees needed removal from her yard. And no fences, cars, or other items were damaged by falling trees! The project took two weekends recently.



# 107th National Convention



Accidentally lined up on the aisle at the Southern Conference Meeting are 3150's State Commander C.D. "Doc" Crouch, M.C. "Connie" Agresti, and Jerry Peterson. Virginia State Senior Vice Commander Jimmie Lee Wallace from Dale City Post 1503 is at the left. The Southern Conference's Glen M. Gardner, from Texas was elected National Junior Vice Commander-in-Chief during the business meeting several days later.



Pausing outside the Virginia booth at the All-Conference reception on Wednesday evening were 3150's delegation, C.D. "Doc" Crouch, Catharine Graham, Jerry Peterson, and J.Gary Wagner. M.C. "Connie" Agresti also attended the 107<sup>th</sup> National Convention in Reno, Nevada.



Preparing to march in, the Virginia delegation paused before Tuesday's Patriotic Rally, led by State Commander C.D. "Doc" Crouch and State Ladies Auxiliary President Rebecca Mason. Behind them are flag bearers, Chris Birch and J.Gary Wagner (3150), and State officers Judge Advocate Rex Faris, Chief of Staff Roy Swanner, and Junior Vice Commander Hal Roesch.



Newly elected National Commander-in-Chief Gary Kurpius of Alaska (left) stopped by a Virginia table during the Commander in Chief's reception. He greeted 3150's Catharine Graham and J.Gary Wagner, past Virginia State Commander Dan Boyer (right) and Virginia State Adjutant/Quartermaster Kim Deshano (center rear).

# VFW 3150 October 2006



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Movie Night	5	6	7
8 Sunday Brunch 9 am - 1 pm	9 COLUMBUS DAY Post O Call 7:30 pm House Committee 8 pm	10	11 Movie Night	12 Post Meeting 8 pm	13 Navy Birthday 7: 30 pm	14
15	16	17	18 Movie Night	19 Ladies Aux Meeting 7:30 pm	20	21
22 Sunday Brunch 9 am - 1 pm	23 23 -31 Oct Anti-Drug Red Ribbon Week	24	25 Movie Night	26	27 -----> Make a Difference Day TOMORROW	28 Statue of Liberty Birthday  Highway Cleanup 8:30 am  Halloween Party 7 pm
29 Daylight Savings Ends	30	31 HALLOWEEN	1 Nov: deadline for VOD, Patriot's Pen, and Teacher of Year			

**For information on events, call 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**

**Address Service Requested**



**Happy Birthday,**  
**Miss Liberty**  
**28 October**  
**1886-2006**