

The

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March 2010

From the Commander:

How often have we, faced with a person who needed our help, said “Someone else will do it,”...or when confronted with a situation that required – and deserved – our attention, have said “It’s not my job,”...or in seeing something that needs to be done, have simply said “I don’t have time”?

What if everyone said that? What if we all said that? What if no one ever volunteered? What if no one ever stepped up? At a minimum, a lot of things that many of us take for granted would never get fixed...or done.

Of course, it is easier to look the other way and not see what is right before us. It is easier to remain silent – and motionless – than it is to speak up and step up. It is easier to complain about what is wrong than to act to make it better. But just because it is easier doesn’t make it right. In fact, quite the opposite is true.

It is our noblest pursuit to help, where we can and when we can, because it is the right thing to do. And yes, it is often hard. But we, as a Post and an organization, are all about doing the right thing...even when – perhaps, especially when – it is a hard thing to do. Is it not a significant part of our mission to make a real difference in the lives of others?

Fortunately, we have, here at our Post, a group of people who take this mindset seriously and provide us with a continuous example of how this is done – and done well. They serve to remind us of what far too many of us have conveniently forgotten. And they are celebrating an important anniversary. Of course, I am referring to our very own Post Ladies Auxiliary.

Day after day, year in and year out, our Ladies Auxiliary members suit up and show up. The success of our Post is owing in large measure to the contributions of these women, from operating the Post monthly breakfasts, to participating in the judging of our Voice of Democracy and Patriot’s Pen competitions, to managing the Ft. Myer Christmas Gift Baskets program, to performing less visible chores that far too often escape our notice.

Last month, the Ladies Auxiliary of the Veterans of Foreign Wars of the U.S. celebrated its 75th Anniversary. Here at Post 3150, we are fortunate to have a group of women who embody the very essence of volunteerism. Ladies, you should be very proud of your remarkable accomplishments; we are proud of you. You are to be commended for your hard work, and your efforts do not go without our notice or our gratitude. With heartfelt appreciation, we thank you for your service, your tireless effort, and, of course, your grace under pressure. Your focus has been – and continues to be – nothing short of extraordinary, and it is a shining illustration to all of us. Congratulations, ladies, and Happy Anniversary!

In a similar vein is our Men’s Auxiliary. Though not as long lived, they are as invaluable and celebrate their 2nd Anniversary this month on the 25th of March. Congratulations, gentlemen, and Happy Anniversary!

Charles Reddoor, Commander, VFW Post 3150

From the President of the Ladies Auxiliary:

It is winter, after all. Did Mother Nature ever exercise her prerogative to produce snow???? I'm sure there were lots of aching backs from shoveling our deluge of snow on that go around. Hope you have recovered enough to do more shoveling, as we are due for another snow storm. It did result in

cancellation of one of our breakfast and the Ladies Auxiliary dinner planned for the 19th of February. This dinner will be rescheduled at a later date.

Things have been relatively quiet for a couple of months, however, we do have a few activities going on in March. The Men's Auxiliary will be celebrating their 2nd birthday on the 25th of March, with the cake cutting ceremony at 7:30 that evening. So to all the members, Happy Birthday.

The men's Auxiliary will be sponsoring the Corned Beef and Cabbage dinner on the 20th of March from 4 P.M. till 7 P.M. So don't forget to get your tickets from the Bar keep or an Auxiliary member.

The Ladies Auxiliary will have the annual Easter Egg raffle on the 28th, Palm Sunday 9 A.M. till noon. This will benefit the general fund for the ladies. So come to breakfast to get the eggs and all those goodies.

On 4 April, the Ladies Auxiliary will host our annual Crab Cake Dinner, from 5 P.M. till 8 P.M. You may buy your tickets from the Bar keep, or any Lady Auxiliary member. So please come and enjoy yourself.

For those members who will be celebrating a birthday or anniversary, we hope it will be a very happy occasion for you and your beloved. For those in the hospital for rehab, get well soon. We have missed all of you, and hope to see you soon.

So till next time, I bid you a fond farewell, be safe, be happy and take it easy in the upcoming snow.

With loyalty and fortitude,

Elsa V. Weeks, President, Ladies Auxiliary 3150

From the President of the Men's Auxiliary:

20 Feb. 2010

Greetings One and All,

I hope the inconveniences of the last 30 days are now behind us. I've seen enough of Old Man Winter and await Spring with fervor, as I expect many of you do.

The cancellation of the Men's Auxiliary February meeting due to snow leaves me little to report. However, I can herein remind everyone of the next M.A. Fundraiser on 20 March. Corned Beef and Cabbage for St. Patrick's Day is our menu. Direct your questions and comments to Mike Lowe, event coordinator, at 703-625-2174. Be sure to wear green and by all means invite all your friends, Irish or otherwise. On your next visit to the Post be sure to autograph the signup sheet to ensure we have the usual bounty of food for everyone.

Remember our valiant troops still deployed and never forget their collective sacrifice.

W.L. Binkley, President, Men's Auxiliary 3150

Twin Blizzards of 2010

The Twin Blizzards of 2010 dropped about 30 inches of snow in the parking lot and left Post 3150 activities in the cancelled column. Both the Men's Auxiliary's and the Post's meetings for February, as well as Highway cleanup, the Superbowl Party, Sunday Brunch, and the Ladies Auxiliary's Shrimp Fest and 75th Birthday celebration were cancelled, the latter moved to the Ladies' meeting night. Cancellations were due to the storms themselves or access to the Post, available parking, or to some storm damage to the Post home. Once the parking lot was cleared, the post reopened but not for larger events. The expected melting should help us get back on schedule. You can always call the Post (number above) after 3 pm for an update.

Welcome to Our New Members

Welcome to new Ladies Auxiliary member, Lisa Johnson elected at the February meeting. The Post and Men's Auxiliary meetings were cancelled due to the storms and access to the Post. Their new members will appear next month.

St Patrick's Day Dinner

The Men's Auxiliary 3150 will assist John Lyon in going green this year on Saturday, 20 March 2009, by sponsoring 3150's renowned corned beef and cabbage dinner. Salad, potatoes, and dessert will complete the meal, which will be served from 4 pm to 7pm. Price is \$10.00. Reservations are a must for this popular event: call the Post Home at 703-525-0108 or sign up in Canteen by Wednesday, 17 March to get your name on the list.

State Convention

The Department of Virginia's state convention will be held June 10-13, 2010 at the Sheraton Richmond West Hotel. Group room rates at the hotel are \$89.00 per night. For hotel reservations, call 804-285-2000. Reservations must be made by 10-May for the group rate. Those planning to attend should let the Post know so that we can coordinate several events with you.

Men's Auxiliary 3150 2nd Birthday

Men's Auxiliary 3150 will mark their second anniversary with a cake cutting at 7:30 pm on Thursday, 25 March 2010. Their charter was signed in 2008 on 25 March, establishing their official birthday. All John Lyon members are invited to this celebration.

New Officers to be Selected

Post officers for the Year 2010-2011 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, 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.

Sunday Brunch \$7.00

9 am - 12 noon

Kids under 10 years eat free

Highway Cleanup 6 March

The Post has rescheduled winter Highway Cleanup along Lee Highway from Rosslyn to Veitch Street for Saturday, 6 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 20 March.

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.

Sat, 3 Apr: Ladies Auxiliary Crab Cake Dinner

Sat, 10 Apr: Highway Cleanup, 8:30 am

Sun, 11 Apr: Desert Storm Cease Fire, 1:30 pm

Sun, 11 Apr: Opening Day Ceremony, Arlington

Little League, with Post Color Guard, 2:20 p



Daylight Savings: 14 March

Daylight Savings is scheduled to begin on Sunday, 14 March. This is an ideal time to check your smoke detectors.

Post Membership at 97% Charge Your Renewal On-Line

Post members: Membership is about 97%. **We need your renewal to reach that 100% mark!** Those who would like to charge their renewal may do so on-line at www.vfw.org. Click on Membership, then Current Members, and then Renew Your Membership. 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 will need your membership number for this transaction, plus the Post dues amount to renew: \$30. Or send your check to National or to the Post. You may also use the website to convert to Life Membership, including the two installment programs. If you have not renewed for the Year 2010, your membership expired at the end of December. Check your membership card for the expiration date.

High School Artists

Young American Creative Patriotic Art contest: gives students in grades 9 - 12 an opportunity to express their patriotism through art. The deadline is March 31, 2010 to Ladies Auxiliary 3150. Awards are presented at post, district, state, and national levels and can add up to thousands of dollars. For application and further information, go to <http://www.ladiesauxvfw.com>, or <https://www.ladiesauxvfw.org/eWeb/StartPage.aspx> then Programs, then Scholarships, then Young American Creative Patriotic Art Brochure.



VFW Home for Children turns 85; Awareness Week is 21-27 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 the children and families of the Veterans of Foreign Wars and its Ladies Auxiliary. 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 85 years of service. For more information see www.vfwnationalhome.org.

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 being used for a current project to obtain a mini-bus for the National Home and the goal is within sight.

Lowes's Expands Discounts

Hardware store Lowe's has expanded its discounts for ID holders to every day. Active duty, reserve, and retired with military IDs get a 10% discount website every day. The discount is available on in-stock and special order purchases up to \$5000. Veterans without military IDs will get discounts on Memorial Day, Independence Day, and Veterans Day. For more information, go to www.Lowes.com

Email Post News

The post 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 adjpost3150@va.vfwwebmail.com.

Tax Scams

It's income tax time again and already the scammers are trying to get the rest of our money. Remember the government does NOT do such business over 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 and the voice sounds like, THOSE are the bad guys!

National VFW Convention

The 111th National VFW Convention will be held in Indianapolis, Indiana, August 21 - 26, 2010. Information can be obtained from the national VFW (www.vfw.org, then News & Info, 111th Convention), the state of Virginia's General Orders (www.vfwva.org), from the Post, and current issues of the VFW magazine. You must book by early July for group rate, and via mail, fax, or the Internet. Virginia's hotel is the Omni Severn. Anyone planning to attend should let the post know so that we can coordinate several items with you.

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Request DD-214 On-Line

You can request a copy of your DD-Form 214 and other documents from the National Personnel Records Center (NPRC) on-line at <http://vetrecs.archives.gov/>. Delays will be minimized because the new requesting process will obtain all the needed information on the first request.

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

Want to Communicate with your NoVA Congressman, Senators?

You can contact them through their websites:

Warner.senate.gov
Webb.senate.gov, and
Moran.house.gov

Email Post News

The post 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 adjpost3150@va.vfwwebmail.com.

Renew Auxiliary Membership

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).

Upcoming Golf Tournaments

Burke Post 5412 Veterans Golf Classic, May 21, 2010, Medal of Honor Golf Course, U.S. Marine Corps Base, Quantico, VA See flier in Post or contact David.Meyers@Meyersandmccabe.com, 703.310.7991. Deadline to sign up is 15 March 2010.

Aleethia Foundation 24 August 2010, at Washington Golf & Country Club, 3017 North Glebe Road, Arlington. To benefit newly injured service members recovering at Walter Reed Army Medical Center and National Naval Medical Center. For information, go to www.aleethia.org

Post Calendar On-Line

The post website is being redone, but the Calendar is continues to be updated. Go to www.vfw3150.org and click on "Events" for the calendar. "Location" gives directions to the Post from several points.

Post Commander Charles Reddoor (left) and Tenth District Commander Sterling Moninghoff congratulate Catherine McNulty at the recent Tenth District Meeting in Occoquan. McNulty, from Bishop O'Connell High School in Arlington, was selected by Post 3150 and then the Tenth District en route to being named the VFW State of Virginia High School Teacher of the Year

Ladies Auxiliary 75th Anniversary

Junior Vice Commander Nelson Betancourt (left) and Commander Charles Reddoor (right) helped honor Ladies Auxiliary 3150 on their recent 75th anniversary by presenting each of the ladies with a rose before the cake was cut. From the left the ladies are (front) Lola Kane, President Elsa Weeks, Catherine Graham, Wauleah Ellison, and (rear) Charlene Spollen, Gail Hoffman, Jodie LaFreniere-Dajc, Belle Woods, and Mary Anne McCormick. Hoffman, Lafreniere-Dajc, and Graham are Past Presidents of the Auxiliary. The celebration was rescheduled to their meeting night due to the recent snow storm damage.



St. Patrick's Day

Dinner

Saturday

20 March 2010

4 - 7pm

Reservations Required

VFW 3150 March 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Deadline for Scout of the Year	2	3 Movie Night	4	5	6 ←-----VFW Highway Cleanup, 8:30 am
7 National	8 Legislative House Committee 7:30 pm Post O Call 8 pm	9 Meeting Men's Auxiliary Meeting 7:30 pm	10 Wash, DC--→ Movie Night	11 Post Meeting 7:30 pm Officer Nominations	12	13
14 Daylight Savings Begins Sunday Brunch 9 am - 12	15	16	17 Movie Night	18 Ladies Aux Meeting 7:30 pm	19	20 Rain date Highway Cleanup St Patrick's Day Dinner 4 - 7 pm
21 ←-----VFW	22 National	23 Home	24 4wareness Movie Night	25 Week, Men's Aux 3150 2nd Birthday. 7:30 pm	26 21 -27 March	27 ----->
28 Sunday Brunch 9 am - 12 n	29	30	31 Deadline for Patriotic Art Contest			

**St Patrick's Day Dinner
RSVP at 703-525-0108**

Post Awards Ceremonies

Student essay and community service awards were presented during recent ceremonies at John Lyon VFW Post 3150. Awards were presented to patriotic essay contest winners --- Voice of Democracy (VOD) for high school, and Patriots Pen for middle school --- as well as Teacher of the Year and Law Enforcement, Firefighter, and Emergency Medical Technician (EMT) of the Year. Preparing to cut the cake, are (from the left, front) Post Chairman Nelson Betancourt, VOD 2nd place: Sarah McCarthy, VOD Honorable Mention: Carolina Von Goihman, Patriots Pen 1st place: Chad E. Smith, VOD 1st place: Vitali Christy, VOD 3rd place: Susanna Sewall, and Ladies Auxiliary President Elsa Weeks, and (rear) EMT: Robert W Bowen, Arlington County Fire Department, Law Enforcement: Detective Brian McKendrick, Fort Myer, teacher: Catherine McNulty, Bishop O'Connell High School, Firefighter: Inspector Thomas E Hodge, Ft Myer, and Post Commander Charles Reddoor. Not present was VOD Honorable Mention Ashley Smith. Christy, McCarthy, and Von Goihman are students at Bishop O'Connell High School and both Smiths are home schooled. McNulty was also named the VFW Teacher of the Year for the state of Virginia and is currently competing at the national level.