

# The John Lyon Gazette

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March 2024



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



The John Lyon Gazette: Winner of 1999, 2003, 2004, 2007, 2009, 2010, 2011, 2016 2018, 2019, 2020 and 2021 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of National Awards for 2010, 2011



*Awards Day at Post 3150  
See page 8*

## *From the Commander...*

Post 3150 Family,

The Post has recently lost members and I send our condolences to all friends and family. In memory of our fallen Veterans, I will be initiating the John Lyon Post 3150 Wellness Division. This special unit within the Post will bring together the community's resources under one roof so our Veterans and Families can participate for self-healing and spiritual improvement for a better and happy life. Guitar 4 Vets, Yoga Legion and Moral Injury Counseling, Cohen Military Family Clinic are among the first to team up with us and will provide enduring and permanent programs to share on a regular basis. Also, I will be standing up a Wellness Committee led by our Post Surgeon, Service Officer, and Junior Vice Commander to help develop a plan for this new Post Mission. Please attend our next meetings on 11 and 18 March and the District 10 HQ 9 March and for more info on our programs please see; [www.Guitars4vets.org](http://www.Guitars4vets.org), [www.yogalegion.com](http://www.yogalegion.com), [www.easterseals.com/DCMDVA/programs-and-services/cvn-home.html](http://www.easterseals.com/DCMDVA/programs-and-services/cvn-home.html)

Sam Wong  
Commander, VFW Post 3150

### The Steven A. Cohen Military Family Clinic at Easterseals

The Steven A. Cohen Military Family Clinic at Easterseals provides high-quality and accessible behavioral health care to veterans, active-duty service members, their families, and caregivers. Our services are available to any person who has served in the U.S. Armed Forces, including the National Guard and Reserves, regardless of role or discharge status.

[www.easterseals.com](http://www.easterseals.com)

YOGA LEGION

**YOGA LEGION** [www.yogalegion.com](http://www.yogalegion.com)

### Guitars 4 Vets

Helping Veterans Cope With PTSD Through Music

[www.guitars4vets.org](http://www.guitars4vets.org)

## *From the President of the Auxiliary...*

It was a great month to celebrate the 89th birthday of our John Lyon Auxiliary! We had a proper cake and enjoyed the camaraderie.

It was also a pleasure for me to participate in the Post's award ceremony on February 11th for our student essay winners and First Responders, law enforcement and firefighting personnel.

Looking forward to an exciting March.

Jeff Mounts  
President, VFW 3150 Auxiliary



## *From the Chaplain...*

### **2024 Easter & Lent Season Resources**

Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday for most Christians and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the

giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

Catholic -  
<https://www.arlingtondiocese.org/lent/>

Protestant –  
Episcopalien -  
<https://standrewsarlington.org/>

Baptist –  
<https://www.cherrydale.org/>

Methodist –  
<https://cherrydaleumc.org/>

## Welcome to Our New Members

Welcome to new Post members Nicholas Mararac (Navy – Korea Defense)(transfer)\*, James Meade (USMC - Iraq / CAR)(Life)\*, Anees Merzi (Army – GWOTEM – Kuwait)\*, elected at the February meeting. Membership cards for those with completed applications (\*) should be in the mail.

### *Marching Off...*



**Edward Hawkins**, 89, on 18 January 2024. He joined the U.S. Army in 1953, and served for three years as a cryptographer in Germany, during the post World War II occupation. He lived in Fredericksburg, after 30 years

in the Arlington County Police Department. He was married for 67 years, and was a Post Life member. Burial in, Flint Hill, VA.



**Sean Noonan**, 37, Falls Church, VA. He was an Army vet who served in Iraq and Afghanistan

## Tenth District Meeting, 9 March

The Tenth District Meeting will be held on Saturday, 9 March, at Dale City Post 1503, 14631 Minnieville Road, Dale City, phone 703-670-4124. **Meeting will begin at 10:30 am** There will be NO lunch. All VFW and Auxiliary members are invited to attend this meeting. District awards are expected for VoD, Patriots Pen, and Teacher of the Year winners, possibly others.

**Join us on Facebook to get the latest Post info:**

**John Lyon VFW Post 3150**

## New Officers to be Selected

Post officers for the Year 2024-2025 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/finance), chaplain, three-year trustee (oversight). 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.

## Bring Your Membership Card

Members of the Post and the Auxiliaries are reminded to show their membership cards to the on-duty manager when entering the Post home.

## Music Nights at Post 3150

**Open Mic Night with Gus & Friends:** Friday, 1 March, 7:30 – 10 pm

**Tutubi Band:** 9 March, at 7 pm. Their playlist is heavy on 1960s and 1970s music.

**Karaoke Night,** 16 March, 7 pm

**Trademark Band,** 23 March, 7:30 pm

Bands play for tips and appreciate your generosity

**VFW Auxiliary's Young American Creative Patriotic Art Contest:** grades 9 - 12. Deadline is

March 31, 2024. For info, go to

<http://www.vfwauxiliary.org>





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

## **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. And your SSN will never be suspended! So, any calls saying that are a scam. And the IRS will never send you an email; those are also scams.



## **Sunday Zoom Yoga, 10 am**

Join Zoom Meeting

<https://us02web.zoom.us/j/89097172473>

Meeting ID: 890 9717 2473

Passcode: 837657

No experience required, no expectations or competition; do what you are able to do. You can shut off video of you.

## **Friday Night Trivia**

Friday Night Trivia will be held again on the second Friday of the month for about 1-1/2 hours. Next it will be on Friday, 8 March at 7:30 pm

## **In-Person or Skype Meetings**

The Post has resumed in-house post meetings, but the Zoom option will continue. If you are not attending meetings, but would like to via Zoom, go to post website ([www.vfw3150.org](http://www.vfw3150.org)) and then Calendar, click on meeting date. Auxiliary members: email to [cg12dc12@outlook.com](mailto:cg12dc12@outlook.com) with subject line "Meeting.



## **National Vietnam War Veterans Day is March 29**

The Post will commemorate National Vietnam War Veterans Day on 29 March. Living U.S. veterans who served on active duty in the U.S. Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of location, are eligible to receive one lapel pin (above). The Post will have pins available during ceremony. Qualifying vets can also stop by the Post Sunday, 24 March from 3 – 6 pm for a pin. The vet can also receive one by mail by going to [https://www.vietnamwar50th.com/about/vietnam\\_veteran\\_lapel\\_pin/](https://www.vietnamwar50th.com/about/vietnam_veteran_lapel_pin/)

## **Many Memberships Set to Expire**

We started a new membership year on 1 July. Many memberships are set to expire during the next months. Check your membership card for your expiration date and renew if necessary. Go to [www.vfw3150.org](http://www.vfw3150.org), then click on BECOME A MEMBER, then RENEW or go to [www.vfw.org](http://www.vfw.org) and click Renew in upper right corner for VFW members For Auxiliary, go to <https://vfwauxiliary.org/>, then Malta. Or send check for \$40 (\$25 for Auxiliary) to Post address on page 1.

## **AFAC**

The Post will support the Arlington Food Assistance Center (AFAC) on Saturday, 23 March, by packing produce from 12:30 pm to 2:30 pm.

## **NEW Hours for Post Canteen**

The Post Canteen scheduled hours as follows:  
Friday from 5-10 pm  
Saturday from 5-10 pm  
Sunday from 3-6 pm

## **Schedule Updates**

For the frequently updated openings, hours, and events, go to [www.vfw3150.org](http://www.vfw3150.org) and click on Calendar or Announcements. Event updates can also be found on our Facebook page at [JohnLyonVFWPost3150](https://www.facebook.com/JohnLyonVFWPost3150) or in the weekly email.



**Happy Easter and  
Best Wishes for your  
Observance of Passover**

## **Donation Match**

An anonymous donor continues monthly matching \$1,000 donation. Please continue to consider donating to JOHN LYON VFW POST 3150, a 301(c)(19), a VSO non-profit. A \$25 tax deductible donation goes a long way to helping the Post continue making the necessary improvements to our remarkable 102-year-old Post Home. Replacing the Post Hall floor and ceiling was our last big project.

## **Have You Moved? New Email?**

Post and Auxiliary members, if you are not receiving the VFW magazines, please send an email with your new address to [adjpost3150@vfwva.org](mailto:adjpost3150@vfwva.org). Also notify us if you have a new email address.

## **Digital membership Card**

To receive a digital Card, go to [VFW.org](http://VFW.org), and logon. At the top of My VFW, in the upper right corner, you will find a place to request a digital card for your mobile phone.

## **VA Payments Change**

Starting April 20, 2024, VA will no longer send a veteran's or family members' benefit payments to more than one bank account. **This will require all veterans and beneficiaries who receive GI bill payments and other benefit payments across multiple banking accounts to select one account by April 20, 2024.** For example, if a veteran receives GI Bill payments to one of their bank accounts and disability compensation payments to another, they will need to consolidate and select one account for all payments by April 20, 2024.

For any students who do not consolidate their bank accounts for benefits by April 20, VA will consolidate them on their behalf, electing their non-education benefit pay account as their primary bank account. If you have any questions about this change, please contact your Regional Quality Assurance Specialist.

## **Curating Veteran Resources**

February 26, 2024

VFW Life member Frank Lahtinen is a U.S. Marine Corps veteran currently living in Edgewater, Colorado, with his family. After retiring from service, Lahtinen started a website called Operation Veteran Strong, a free resource and service guide available to any veteran.

Operation Veteran Strong is designed to support the mental and physical health of veterans and their families. Lahtinen curates essential resources and puts them on his site, so veterans from any background can find the help they need.

This includes counseling services, support groups, veteran retreats, educational materials, VFW accredited service officers, mental health initiatives and more. Find it at <https://www.operationveteranstrong.org/> (Excerpted from VFW Press Release, 26 February 2024)

## Recent Events Around the Post



### Guitars for Vets Grad

<<< Guitars for Vets (G4V) holds instruction classes at Post 3150 on many Saturday mornings Abbi Johnson (right) is a newly-minted G4V graduate Abbi is retired USAF whose career included support of both OIF and OEF. Coming from a military family (both of her grandfathers served in the US Army) Abbi brought her musical experience with trumpet and bugle to the program, and took to the guitar with great gusto! Here she receives her diploma from Instructor Dan Kolcun.

### NFL Championship Game

The NFL Championship Game drew a >>> full house of viewers on a recent Sunday night. The sportsfans feasted on pulled pork and various sides before the game began.



### Auxiliary 3150's 89<sup>th</sup> Birthday

<<< The Post Auxiliary celebrated its 89<sup>th</sup> Birthday with members (l to r) Kevin Brown, Gail Hoffman, Jodie LaFreniere-Dajc, Cathy Graham, Jinda Mounts, and Maryann Krayer cutting the cake. Two more, President Jeffrey Mounts from Ottawa, and Shirley LaFreniere from Missouri, streamed the celebration and the following meeting. Three Post members also joined the celebration in person. Auxiliary 3150 was chartered 19 February 1935.





# Youth Essay Winners and First Responder Awards



Rose E Hearing – Patriot’s Pen 2<sup>nd</sup> Place



ACPD Corporal Steven A Yanda – Police Officer of the Year



Sara Bindseil - Patriot’s Pen 1<sup>st</sup> Place



ACSO Lt Bryan Foster -- Law Enforcement Officer of Year



Leslie Healy – Special Award for 8 years work with Patriot’s Pen program at St Ann School.



ACFD Firefighter Bryan Yost – Firefighter of Year



Adam Hall – Voice of Democracy 1<sup>st</sup> Place



ACFD Firefighter/Paramedic Adam Pettit – EMT of the Year

Awards were presented by Commander Sam Wong (left) and President Jeffrey Mounts. Ceremony Emceed by Nancy Springer. Photos by Jim Bertine.



# VFW 3150

## March 2024



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

					1 Open Mic Nite, w/ Gus 7 -10 p	2 G4V group 9 am
3	4	5	6	7	8 Trivia Night, 7:30 pm	9 District 10 Mtg, Dale City Post 1503, 10:30 am Tutubi Band, 7 pm
10 Daylight Saving Time Begins	11 House Committee / Post O Call 7 pm	12	13	14	15	16 G4V group 9 am  Karaoke 7:30 pm
17  St Patrick's Day	18  Post Mtg 7:30 pm	19  Auxiliary Meeting 7:30 pm	20	21	22	23 G4V group 9 am AFAC, 12:30 pm Trademark Band, 7:30 pm
24  Easter Sunday	25	26	27	28	29  National Vietnam War Veterans Day, 7 pm	30  G4V group 9 am
31						

**1 March: Deadline Scout of the Year Nominations**

**31 March: Youth Patriotic Art & K-8 Art deadlines**



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

**Dated Material Please Do Not Delay**

**March 2024**

## **VFW National Home for Children**

The VFW National Home for Children recently celebrated its 99th birthday. The home offers a once in a lifetime opportunity for honorably discharged veterans, active duty military, or descendants of a VFW/Auxiliary member. After being accepted into their program, families can accomplish significant life goals by receiving the following support:

- Case management services to help set up family plans and goals.
- Educational, recreational, and enrichment opportunities.
- Community resources and counseling.
- Free housing and daycare.

If you meet a veteran family in need, please encourage them to call the Military & Veteran Family Helpline at 800-313-4200 or visit <https://www.vfwnationalhome.org>. The friendly staff at the National Home for Children will help determine if this program is right for them and their family.

You can help connect families in your community to this ONCE in a lifetime opportunity!

The VFW National Home is located on a campus at Eaton Rapids, Michigan. Learn more at <https://www.vfwnationalhome.org>

