

The John Lyon Gazette

Volume 32 Number 1

July 2025



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, 2016 2018, 2019, 2020 and 2021 Clair B. Poff Public Relations Award for Outstanding Newsletter, and Winner of National Awards for 2010, 2011. The Poff Award was discontinued in 2024.

Cantwell Assumes Office, Mounts Continues

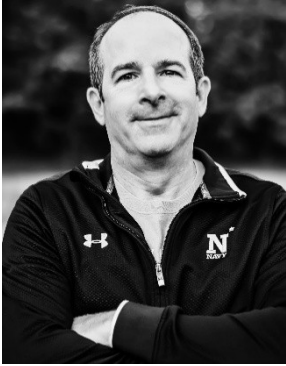


U.S. Army's 250th Birthday



(l to r) Army vets Fritz Gottschalk joins oldest soldier, Larry Boggs, and youngest soldier, Nick Knowles, after they cut the cake for the U.S. Army's 250th Birthday celebration at the Post. Ten members of all services joined in the celebration which included pizza and, of course, birthday cake.

From the Commander...



I am honored and humbled to be elected to serve as the 2025 – 2026 VFW Post 3150 Commander. I hope to continue the good work of the members of Post 3150 and to continue to foster camaraderie among veterans of overseas conflicts and to serve our veterans, the military and our communities and to advocate on behalf of all veterans.

I recently attended the VFW State Convention in Harrisonburg, Virginia and met many great VFW leaders of the national, state, and district organizations. I sought advice from many of these great leaders as well as our past Commanders: J. Gary Wagner, Jim Bertine, and Nancy Springer. One piece of advice they shared is that VFW Posts are member driven organizations. Post members actually have more power than the Post Commander.

Post 3150 has come a long way in the last few years, but we still have a lot of challenges and opportunities. Two areas I would like to focus on over the next 12 months are: 1) Member participation 2) Financial stability. I will be calling every member who has joined the Post or transferred into the Post within the last six years and ask them if they are willing to take the lead to “move the dial” on these focus areas. All ideas will be considered.

We are all fortunate to be members of the Veterans of Foreign Wars and VFW Post 3150 and to live within a stone’s throw of Arlington National Cemetery, and the nation’s capital. We must do our part to serve all veterans, the military and our community.

Your Comrade,

Mike Cantwell

Cantwell Brief Bio

1987 United States Naval Academy

Surface Warfare Officer

USS Luce (DDG 38) DCA and 1st LT

1992 - 1993 USS Nashville (LPD 13) Desert Storm Persian Gulf Navigator

Navy Reserves 1993 – 2015 Retired 2015

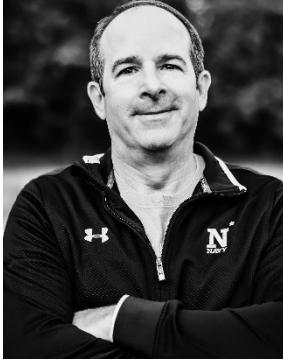




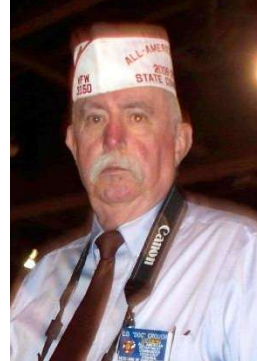







Recalled to Active Duty 2001 – 2003 Navy Operations Center (Pentagon)

Federal Government employee at the National Geospatial Intelligence Agency (NGA) 2009 – 2023 Retired 2023

Self Employed at Cantwell Consulting LLC

President, Yorktown Civic Association 2014 – 2025

Post Officers 2025 - 2026...

				
<p>Mike Cantwell Commander US Navy Persian Gulf</p>	<p>Fritz Gottschalk Senior Vice Cmdr US Army Iraq / Afghanistan</p>	<p>Andrew Stewart Junior Vice Cmdr US Army Iraq / Afghanistan Desert Storm / Korea</p>	<p>James Bertine Quartermaster US Navy Vietnam</p>	<p>Chris Gaffney Chaplain US Marine Corps Iraq</p>
				
<p>Eva Fulton Advocate US Army SW Asia</p>	<p>Anita Fligge Surgeon US Air Force Afghanistan AF Exp/GWOTEM</p>	<p>C.D. "Doc" Crouch 3 Year Trustee US Navy Vietnam</p>	<p>Walter Sweeney 2 Year Trustee US Marine Corps Afghanistan</p>	<p>Sienna Echon 1 Year Trustee US Navy GWOTEM</p>
				
	<p>Fritz Gottschalk House Com US Army Iraq / Afghanistan</p>	<p>Andrew Stewart Service Officer US Army Iraq / Afghanistan</p>	<p>J.Gary Wagner Adjutant US Air Force Korea</p>	<p>Jeffrey Mounts President VFW Auxiliary</p>

State Convention: All-State plus Community Activities

Post 3150 was awarded third place in Community Activities (“Community Service Book Award”). (The competitions for Americanism and Newsletters were discontinued last year) The Post was named an All-State Post for the 34th time in the last 62 years since the program began. All-State is awarded to the posts which complete a wide-ranging list of qualifications plus exceeding their membership goals of the year by a margin. See photos on page 9.

Auxiliary: Outstanding Auxiliary

Congratulations to 3150 Auxiliary for attaining the coveted Outstanding Auxiliary Award for 2024-2025. The honor is based on membership and meeting a variety of administrative requirements including programs. It is the top state award for Auxiliaries, an equivalent to All-State for the VFW. The honor replaces the former “Banner” designation. The Auxiliary entry also received third place in Creative Patriotic Art contest.

State VFW Appointments

State Commander Dour Hoffman has made the following appointments of Post 3150 members: M.C. “Connie” Agresti: Chairman of Resolutions Committee, and C.D. “Doc” Crouch, member of Legislative Committee. Cathy Graham was reelected State Treasurer for the Auxiliary.

Welcome to Our New Members

Welcome to our new Post members: Joe Buccino (Army – Iraq / Afghanistan / Korea /GWOTEM)* and Cedric Russell (Army – Iraq / Afghanistan)*, both who were elected at the June meeting and whose paperwork is complete.

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

John Lyon VFW Post 3150

Marching Off...



Donna Bierlein, 87, on 7 June. While she let her Auxiliary membership lapse when the Post stopped doing Sunday brunches, Donna had been a longtime member. She also had a largely unknown local history. In 1961, she and another lady approached the Wahington Redskins owner with the idea of a cheerleading squad and in the Fall 1962, 30 members of the squad appeared in their first game. Donna performed for 6 years before an injury forced her to abandon dancing. She remained on the staff for another ten years and active with the Redskinnette Alumni Association for many years. She received two awards from the Redskins organization. Her husband, Billy Bierlein was a Post member until his death in 2003. She was expected to be buried with him at National Memorial Park. (Source: Arlington Catholic Herald, 2 March 2006)

July 4th: Bell Ringing & BarBQ

John Lyon Post will mark Independence Day on Friday, 4 July, for the twenty-fourth year by participating in the **National Bell Ringing** beginning at **1:55 pm at the Post flagpole**. In 1963, an act of Congress officially authorized the ceremony to commemorate the ringing of bells at Independence Hall in Philadelphia, 4 July 1776, at 1:55 pm in the afternoon, proclaiming the signing of the Declaration of. Post 3150 will also have an afternoon **BarBQ** at a time to be determined. Check the Weekly Email or the Post Facebook page for more info.

Hours for Post Canteen

The Post Canteen scheduled hours as follows
Fridays: 6 -10 pm
Saturdays: 6 -10 pm

Schedule Updates

For the frequently updated openings, hours, end events, go to our post website at vfw3150.org and click Calendar or Announcements, to our Facebook page at John Lyon VFW Post 3150, or check our weekly email.

Trivia Night

Trivia Night is on the second Friday of the month, 11 July, at 7:30 pm at Post 3150.

Locker Fee Due on 1 July

Members who have a locker at the Post are reminded that the \$40 rental fee is due on 1 July. You can also rent a locker for six months for \$20. Those not renewing their rental should empty the locker and return the key.

Cook out?



AAA reports nearly 9,000 home fires started yearly by careless barbecuing / grilling practices. Place the grill away from the house and other wooden objects. Be safe when grilling!

Korean War Veterans Armistice Day

Korean War Veterans Armistice Day is Sunday, 27 July. The ceremonies at the Korean War Memorial have not yet been announced. Plans for a Post remembrance will be announced in upcoming Weekly Email, on the Post website, and Facebook page.



Sunday Zoom Yoga

Join Zoom Meeting

[Click on item in Post Calendar on Post webpage.](#)

Meeting ID: 890 9717 2473

Passcode: 837657

No experience required, no expectations or competition; do what you are able to do.

You can turn off your video.

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. Also notify us if you have a new email address.

In Person or On-line Meetings

The Post and Auxiliary have resumed in-house post meetings, but the internet options will continue. If you are not attending meetings, but would like to via Skype or Zoom, go to post website (www.vfw3150.org) and click News, and then Calendar, click on meeting date.

Music & Comedy Nights at Post 3150

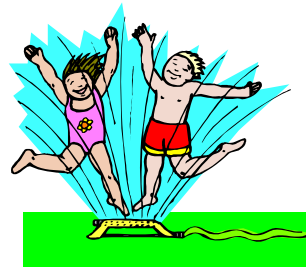
Band of Vets Comedy. Saturday, 5 July, 8 pm

Tutubi Band: Saturday, 12 July, 7 pm.

REFLEX Improv Comedy, Friday, 18 July, 7pm

Band of Vets Comedy. Saturday, 2 August, 8 pm

Acts play for tips and appreciate your generosity



**School's out.
Watch out
for kids
enjoying
summer!**

Donation Match

Two anonymous donors have set up a monthly matching \$1,750 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.

REFLEX Improv Classes

Post 3150 continues to host REFLEX Improv classes at 6:30 pm on Tuesday evenings except for third Tuesday. Check the Post calendar for dates or contact Mike Cantwell via the calendar.

Arlinbgtton Now (ARLnow) says “Improv classes, in particular, are great for people dealing with uncertainty and anxiety because they train you to be present in-the-moment and focus on the person and situation in front of you, instead of worrying about what the future holds. Plus, they’re incredibly fun and entertaining, offering a much-needed respite from reality”.

Volunteer at DC VA Hospital

1 July: Help distribute bags of popcorn to residents and visitors at the VA Hospital at the DC VA Hospital, 50 Irving Street, Northwest Washington from 11:30 am - 1pm. Meet in the Community Service room in the basement, just past the Prothesis Lab.

8 July: 10 am, Monthly Food Pantry event at the DC VA Hospital. Volunteer opportunity for Post members. In front of the DC VA Hospital Research Center (Bldg. 6)

Theme for high school and middle school essay contests

This year’s Voice of Democracy theme for high school students and the Patriot’s Pen middle school student contest is, “*How Are You Showing Patriotism and Support for Our Country?*” Yes, both contests feature the same topic, likely for the first time. The Voice of Democracy audio-essay competition is open to high school students in ninth to twelfth grades, with the national first place prize scholarship totaling \$35,000. The middle school Patriot’s Pen contest is open to students in sixth through eighth grades. Nearly 55,800 students participate annually. The deadline for both contests is Oct 31. Info at www.vfw.org, then Community.

VFW Digital membership Card

To obtain a digital membership card, go to *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.

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.

VFW Reaffirms Commitment to US Military as Conflict in Middle East Escalates

The following is a message from VFW National Commander Al Lipphardt

June 22, 2025

WASHINGTON – Last night, the United States struck nuclear targets inside Iran.

As tensions in the Middle East once again flare, the Veterans of Foreign Wars asks all Americans to keep our brave military men and women in their thoughts and prayers, as they serve in harm’s way tonight.

The VFW knows very well that our world remains a dangerous place. We will never forget the sacrifices of our all-volunteer force who, at this very moment, stand between our enemies and our shores.

We will do everything in our power to support you and ensure that Americans understand the gravity of your sacrifices in defense of our liberties. (VFW Press Release)

National Convention

The 125th National Convention is scheduled for Columbus, OH from 9 – 13 August 2025. For info or to reserve, go to <https://www.vfw.org> and look for National Convention.

Flag Day

(l to r) Fritz Gottschalk, Adrian Simental, >>> Larry Boggs, and Kevin Brown present patriotic flag-related readings as part of the Post's Flag Day ceremonies.



Soldiers Angels Food Pantry

Eva Fulton (center) and Fritz Gottschalk help to distribute bags of groceries to over 150 military members, veterans and their family members at the new Soldiers Angels Food Pantry in Washington. This will be a regular event and will help us meet one of our Strategic Goals of addressing Food Insecurity in the Military and Veteran Communities.



Comedy Night

A large group attended the Band of Vets Comedy Show in June.

Recent Events Around the Post

Post sponsored Little Leaguers

Players and coaches of the Post 3150- >>>> sponsored Majors Nationals team gathered for a team photo with Post 3150 rep following their best game. As the #9 Seed, they won four games in the playoffs and beat the #1 Seed and previously unbeaten Braves by a score of 5 – 3 and advanced to the Final Four(?) for the second year (last year in AAA) They played but lost 6-4 to the final winner. Post 3150 has sponsored an Arlington Little League team every year except one since 2001.



Mobile Food Pantry at VA

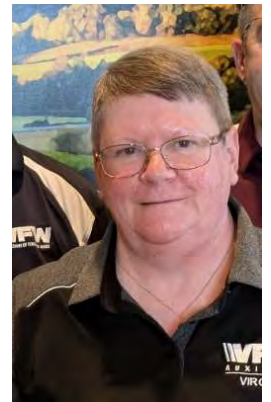
<<< Fritz Gottschalk (left) helps with the Veterans Mobile Food Pantry at the Washington DC Veterans Administration Hospital. The Mobile Food Pantry also provided toiletry items, clothing and footwear for Veterans and their family members. The Mobile Food Pantry is conducted the second Tuesday of each month from 10 am til 12 pm at the Washington DC VA Hospital Research Center.

Highway Cleanup

(l to r) Nick Knowles, Larry Boggs, >>> Adrian Simental, and Fritz Gottschalk pause by the Litter Pick Up sign and the post Adopt a Highway sign along Langston Blvd during June pickup. It was rescheduled due to weather in April. The activity is part of the Virginia Department of Transportation highway beautification program and a long standing community activity for Post 3150.



State Convention



Attending the State Convention from John Lyon Post were M.C. "Connie" Agresti, Jim Bertine, Mike Cantwell, C.D. "Doc" Crouch, Cathy Graham, Cody Manngold, Nancy Springer, and J.Gary Wagner, See page 4 for more info on the convention. Upper left with Commander in Chief Al Lipphardt and Mrs Lipphardt

VFW 3150

July 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1 Popcorn at VA , 11 :30 am REFLEX Improv class, 6:30 pm	2	3	4 INDEPENDENCE DAY Bell Ring 1:55pm BarBQ TBA	5 G4V, 9 am Band of Vets Comedy, 8 pm
6 Zoom Yoga 10 a	7	8 VA Food Pantry, 10 am REFLEX Improv class, 6:30 pm	9 GRIST meeting, 7 pm	10	11 Trivia Night, 7:30 pm	12 G4V, 9 am Post Workday, 3 pm Tutubi Band, 7 pm
13 Zoom Yoga 10 a	14 Officers Call / House Committee, 7 pm	15 Aux Meeting, 7:30 pm	16	17	18 REFLEX Improv Comedy Show, 7 pm	9 G4V, 9 am
20 Zoom Yoga 10 a	21 Post Meeting 7:30 pm	22 REFLEX Improv class, 6:30 pm	23	24	25	26 G4V, 9 am
27 Korean War Vets Armistice, TBA Zoom Yoga 1 0a	28	29 REFLEX Improv class, 6:30 pm	30	31		

For info: www.vfw3150.org, or 703-525-0108



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
July 2025

**Happy Birthday,
America
249 Years!
4 July 2025**



In his book, [The Liberty Bell](#), author Gary B Nash describes the early days of our famous Liberty Bell and the first days of our Independence. The Continental Congress adopted the Declaration of Independence on July 4 and sent it to the presses. On a warm and sunny July 8, 1776, the Liberty Bell began to ring about 11 a.m. At noon, before a crowded yard at the State House, John Nixon read the Declaration to the crowd. Cheers followed the reading, followed by the clang of church bells throughout the city. The Liberty Bell gained its fame that morning.

Post 3150 will again join the national movement of celebrating by ringing the bell at 1:55 pm on the 4th of July. There will also be BarBQ in the afternoon at a time TBA.