

The John Lyon Gazette

Volume 32 Number 3

September 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.

VFW Elects Carol Whitmore as New National Commander



COLUMBUS, Ohio — Carol Whitmore of Des Moines, Iowa, was elected today as the new national commander of the Veterans of Foreign Wars (VFW). “Standing here today, surrounded by such incredible people — fellow veterans, families and friends — I am filled with a deep sense of pride and humility,” said Whitmore during her acceptance speech. “This is not just a recognition of me, but of all the men and women who have served in our armed forces.”

Whitmore’s election as the VFW’s 117th commander-in-chief occurred at the conclusion of the organization’s 126th National Convention in Columbus, OH. Whitmore is the first woman elected to lead the more than 125-year-old

organization.

Enlisting in the Women’s Army Corps in 1977, Carol’s 36-year military career was marked by significant milestones, from integrating with men into the regular Army to becoming an Army nurse and later serving as a first sergeant for her unit while deployed in support of Operation Iraqi Freedom. In recognition of her service, she received (among others) the Legion of Merit Medal, Bronze Star Medal, Army Commendation Medal (six), Iraq Campaign Medal, and the Combat Action Badge. “As we look to the future, I believe that the strength of our veteran community is our greatest asset. We have so much to offer,” said Whitmore. “We have lived through adversity, we have faced challenges that many can’t even imagine and we’ve come out on the other side stronger. It’s because of that strength that we are still serving our communities and our nation.”

She joined the VFW in 2012 at Post 9127 in Des Moines, Iowa, where she maintains her Gold Legacy Life membership. She has served in elected and appointed positions at the Post, District and Department levels. During the speech, Whitmore emphasized legislative advocacy as a priority for her year, with a focus on fighting to get Congress to grant concurrent receipt for select combat-injured veterans through the [Major] Richard Star Act (which) must pass this year. This effort was started in 2004, and the bill has repeatedly and shamelessly been voted down. Let’s get this done already. Honor the Contract!”

“I may be the first veteran to have been elected VFW commander-in-chief while wearing a dress ... the first female veteran, but I will not be the last,” said Whitmore. “And as I have said while campaigning, I am your comrade by mud, by blood, by dust, by dirt, by sand, by land, by sea, by air ... I am a veteran first.”

Carol, a retired nurse, attended the University of Northern Iowa and Hawkeye Community College. She and her husband, Brad, reside in Des Moines, Iowa.

(Excerpted from VFW Press Release, 13 August 2025, available at [VFW.org](http://www.vfw.org), under Media and Events.)

Lois Callahan elected VFW Auxiliary National President in Columbus, Ohio.



President Callahan (center) has a long friendship with two of John Lyon's members. Cathy Graham (left) and she served together as Department Presidents in 2012-13 under President Leann Lemley (right) and have remained close. C. D. "Doc" Crouch served as Department Commander alongside her father Reuben Tamariz (AR) during the 2006-07 year. The friendship between the families started in 2004 at Junior Vice training in Kansas City and has remained strong ever since. Lois has a positive attitude that, combined with a formidable interest in the wellbeing and respect for all members, will prove to be a valuable asset in the mission to assist Veterans and their families.

We look forward to an exciting year of work and progress that will make it a most positive and memorable year for the VFW and its Auxiliary.

From the Commander...

We are making slow but steady progress on our two strategic goals --- Member Engagement and Financial Stability. We have several new volunteer bartenders who are serving our members on Friday and Saturday nights. Trivia Night, Improv classes, Improv Comedy Shows, Band of Vets Comedy Night, and Open Mic Night continue to be big hits.

USS Arlington CPO mess visited our Post on Saturday, 24 August and shared a meal with Post members. Bravo Zulu to everyone who helped to organize and execute the event. Also, a big shout out to Jess Bales and other Post members who packed groceries for the Soldiers' Angels food Pantry on Tuesday, 26 August.

We have several other events and volunteer opportunities over the next few months. Please sign up to help with these events. Post members will participate in Popcorn Day at the VA Hospital, Tuesday, September 2nd, 11:30 AM: Come out and help your comrades pop, bag, and distribute popcorn at the VA Hospital in DC! On 9/11, we will host a special joint event with an organization called More Perfect Union. On October 18th, we need 5 – 10 Post members to participate in Operation WINTERHAVEN: On October 26, we need volunteers to help with the Marine Corps Marathon Cleanup. On November 10, we will host the USMC Birthday celebration. We need a few volunteers to help with setup and clean up. On November 11, we encourage post members to participate in Wreath Laying ceremonies at the Clarendon War Memorial and the John Lyon Memorial.

One of the most important committees is the House Committee. In addition to his Senior Vice duties, Fritz Gottschalk is also currently serving as the House Committee Chair. We need people to join the House Committee to perform simple tasks such as taking the trash and recycling bins to the street, cut the grass, and pull weeds. Please contact me at (cdrpost3150@vfwva.org) if you are willing to join the Committee. We also have several other committees that need chairs and members. Please attend the monthly Post meeting to learn more.

We are planning a fundraiser for Veterans Day. Please consider doing your part to help organize and execute this important event. Your involvement is crucial to our success.

Please attend the monthly Post meeting to find out how you can get more involved in the Post and follow VFW Post 3150 on Facebook.

Your Comrade, Mike Cantwell
Commander, VFW Post 3150

Welcome to Our New Members

Welcome to our new Post members: Jon Eisberg (Army –/ Afghanistan /AFEM / GWOTEM)*, Kelly Hamilton (Army – Afghanistan*, Murphy Keefe (USMC / Afghanistan, all who were elected at the August meeting and whose paperwork is complete.

Join us on Facebook to get the latest Post info:

John Lyon VFW Post 3150

Volunteer at DC VA Hospital

2 September: 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.

9 September: 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)

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.

Have You Moved? New Email?

Post members, if you are not receiving the VFW magazine, please send an email with your new address to adjpost3150@vfwva.org. Also notify us if you have a new email address.

9-11 / Patriot's Day

On the 24th anniversary of 9/11, VFW Post 3150 and A More Perfect Union (+MPU) are hosting a joint event to reflect on the lasting significance of our shared national tragedy. The event will run from 6:30 – 9 pm. Both organizations are committed to fostering connections, serving communities, and promoting civic responsibility. Join us for a unique opportunity to share a meal with fellow community members and find common ground. The ceremonies will remember those lost on 11 September 2001 at the World Trade Center, the Pentagon, and at Somerset, PA. The day has been named Patriot's Day. Food and beverages will be provided by +MPU. Please RSVP at

<https://www.mpu.us/events/mpuvfw-9-11-reflections/>

Locker Fee Due

Members who have a locker at the Post are reminded that the \$40 rental fee was 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.

Trivia Night

Trivia Night is on the second Friday at Post 3150: this month on 12 September, at 7:30 pm.



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.

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. Membership cards will be checked.

Music & Comedy Nights at Post 3150

Band of Vets Comedy. Saturday, 6 Sept, 8 pm
Tutubi Band: Saturday, 13 Sept, 7 pm
REFLEX Improv Comedy, Friday, 19 Sept, 7 pm
Acts play for tips and appreciate your generosity.

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, so tax deductible **To donate, go to the Post webpage (www.vfw3150.org), click HOME, then scroll down to Donate Now button. You may specify the amount you donate.**

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.

Arlinbgton 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".

VFW Post Insurance Program

Our Post maintains a very good liability policy for the current cost of \$512 a month. The following are three common claims that Posts can face:

1. Liquor Liability claims, such as a patron being over-served and held responsible for an at-fault vehicle accident.
2. Premises Liability claims, such as a piece of furniture breaking, causing a member to fall and break their hip.
3. Property damage claims, such as fire damage to the building, its roof and possessions within.

While it may feel that claims can be inevitable from time to time, there are steps the Post takes to help ensure every patron and Post Home is better protected.

Auxiliary takes 3rd place at State

Congratulations to Kaitlyn Runion, 3150 Auxiliary entry this Spring. She was named 3rd Place winner at State. in the Patriotic Arts Contest.



Back to School Time Watch out for Kids

September Memorial Wash

Post 3150 will join with Chariots of Honor to wash the American Veterans Disabled for Life Memorial, 150 Washington Ave, SW in DC on Saturday, 27 September, 7:30 - 8:30 am.

Post Workdays

You will notice on the Post website Calendar there are entries for Post Workday. These are one- or two-hour blocks of time for Post routine maintenance, inside or out. If you'd like to volunteer to help, show up at that time with any tools you might use for various work. The House Committee would appreciate your help. Next is 13 September at 3 pm.

Post Has New Thermostats for Temperature Control

In order to cut down on our electric and gas bills, the Post has invested in two thermostats to control our air conditioning and heating. These thermostats are programmable and have been set to turn on the AC or heat during our high volume events. During the warmer months, the AC will be set to cool the building down on Friday and Saturday nights, and during the cooler months, they will only heat the building on Friday and Saturday nights.

Prior to these thermostats being installed the Post did not have a way to effectively program the thermostats and our cooling or heat would run full time. These thermostats are also locked and cannot be adjusted from the Post. They can only be adjusted via the thermostat's application, which will be controlled by the canteen manager.

If you are having an event at the Post at a time that is not Friday or Saturday night, please let the Post Senior Vice Commander know about it and they can take care of the temperature settings for you.

Bring Your Membership Card

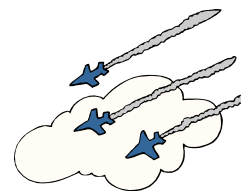
Members of the Post and Auxiliary are reminded to show their membership cards to the on-duty manager when entering the Post home. Digital cards work as well.

VFW National Birthdays

The VFW as an organization will mark 126 years of serving veterans, their families, their communities, and the nation on September 29th. And the like-minded VFW Auxiliary will be 111 years old on September 20th. The occasions will be marked by the Auxiliary on Tuesday, 16 September at 7:15 pm and the VFW on Saturday, 27 September at 6:30pm. All are invited to the two ceremonies.



**POW / MIA
Recognition
Day
Ceremony
Sat, 20 Sept
6 pm**



**U. S. Air Force 78th
Birthday
Ceremony and Cake cutting
Saturday 20 Sept, 6 pm**

September is Suicide Prevention Month

Every year, organizations across the country recognize September as Suicide Prevention Month. Dog Tags 4 Life helps to link Veterans to trained professionals that can help them when they're in that dark place. Dog Tags 4 Life distributes dog tags with the 988, then press 1 Veterans Crisis Line AKA Suicide Prevention Hotline number so it's at their fingertips if they or anyone they know ever needs it.

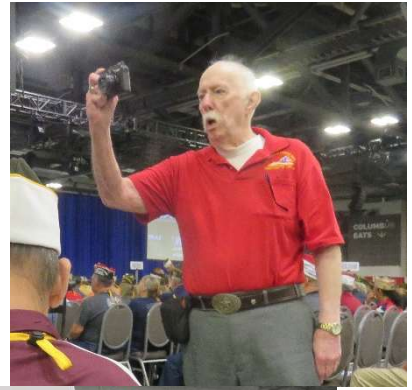
Dog Tag 4 Life is staffed by veterans who have come together for a common cause: Reduce the rate of veteran suicide. The latest numbers show that an average of over 16 veterans each day take their own life. More post 9/11 veterans have died by suicide than died in combat.



DOG TAGS 4 LIFE

These Dog Tags are available at the Post in both restrooms and the canteen area, please take one!

VFW National Convention



Attending the National Convention from John Lyon Post were C.D. "Doc" Crouch, Ryan Gallucci, Cathy Graham, Nancy Springer, and J.Gary Wagner.

Recent Events Around the Post



Popcorn at the VA

<<< Ted Edwards and Larry Boggs (and photographer Fritz Gottschalk) helped distribute popcorn at the VA Hospital. They passed out over 50 bags and had several conversations with patients and other Veterans.

Band of Vets Comedy Show

The Band of Vets Comedy show saw a >>> full house of comedy fans at the August performance. The group performs monthly at the Post.



USS Arlington Visits Post

<<< A group of sailors from the USS Arlington visited Post 3150 for lunch during their recent visit to Arlington. They posed with Post member Fritz Gottschalk at our flagpole.

Students, Teachers, Scouts, Fire, Law Enforcement

The following is an overview of VFW programs and contests for students, teachers, Scouts, and First Responders



Voice of Democracy (VoD) : audio essay contest for grades 9 through 12. The 2025-2026 theme is "*How Are You Showing Patriotism and Support for Our Country?*" Deadline is Oct 31, 2025, Awards up to \$30,000. NOTE: Entry should be recorded on a flash drive.



Patriot's Pen: written essay contest for grades 6, 7 and 8. The 2025-2026 theme is "*How Are You Showing Patriotism and Support for Our Country?*" (same as VoD) The deadline is Oct 31, 2025.



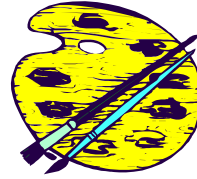
Teacher of the Year: top elementary, junior high and high school teachers who teach citizenship education topics regularly and promote America's history, traditions and citizenship. Fellow teachers, supervisors or other interested individuals can submit nominations by Oct 31, 2025. The national teacher --- and his/her school

---- each receive a certificate and likely a financial award.



Scout of the Year: Any recipient of an Eagle Scout, Girl Scout Gold Award, Venture Summit Award, or Sea Scout Quartermaster Award may qualify. Deadline is March 1, 2026. Early submission / interest may provide opportunity for additional trip for the Scout.

VFW Auxiliary's Young American Creative **Patriotic Art Contest**: grades 9 - 12. Deadline is March 31, 2026, Go to <http://www.vfwauxiliary.org>, then



Scholarships, Patriotic Art Brochure. Follow above link to see winners since 1979, including last year.

Above awards are presented at post, district, state, and national levels and can add up to thousands of dollars. Deadlines are to Post 3150 (or your local post).

Further information, including entry forms, brochures, and background, are available, except as noted above for Patriotic Arts, at www.vfw.org, then Community, then Youth and Education, then on one of the four programs. Forms and information may also be obtained at <http://www.vfw3150.org/>, then Programs. You may also email adjpost3150@vfwva.org for further information.



Continuing Education Scholarship. Additionally, the VFW Auxiliary sponsors a scholarship for an Auxiliary member or the spouse or child of a member. Deadline to apply is 15 February 2026. Website same as Patriotic Art above but final click on Continuing Education.

Firefighter, EMT, Law Enforcement



Nominations for Public Service Awards --- Law Enforcement Officer, Firefighter, and EMT of the Year --- are due at the Post by 8 December. Nominations include a resume of nominee's background and background in applicable area, resume of accomplishments in field, title and address. For info send email to adjpost3150@vfwva.org .

VFW 3150

September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Info: 703-525-0108 when open</p>	1 Labor Day	2 End of WW2 Popcorn at VA, 11:30 a REFLEX Com. Class, 6:30 p	3	4	5	6 School of Instruction, Post1503, 9 a G4V,9 am – 4 Band of Vets Comedy, 8 p
7 Zoom Yoga, 10 am	8 Legislative Conf: Happy Hour at 3150, 5:30 p House Com, Post O Call 7 pm	9 VA Food Pantry, 10 a REFLEX Comedy Class, 6:30 p	10 GRiST mtg 7 pm	11 Patriots Day 9-11 Memorial, 6:30 9 pm	12 Trivia Night, 7:30 pm	13 G4V,9 am – 4 Post Work 3p Tutubi Band, 7 pm
14 Zoom Yoga, 10 am	15 Post Meeting 7:30 pm	16 Auxiliary 111 th Birthday, 7:15 pm Aux Meeting 7:30 pm	17	18	19 Reflex Comedy Show, 7 p	20 Wall washing Disabled Vets Mem, 7:30 a G4V,9 am – 4 POW / MIA Remembranc & USAF Birthday 7 pm
21 Zoom Yoga, 10 am	22	23 REFLEX Comedy Class, 6:30 p	24	25	26	27 G4V,9 am – 4 VFW 126 th Birthday, 6:30 pm Tutubi Band, Party 7:30 p:
28 Zoom Yoga, 10 am	29	30 REFLEX Comedy Class 6:30 p				



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

September 2025

See page 8 inside for ...
Teachers, Scouts, Parents
Fire, EMT & Law
Enforcement

High school and middle
school essay contests for
scholarships

Teacher of the Year

Scout of the Year

High School Art Contest

Law Enforcement,
Firefighter, EMT of the Year