

# The John Lyon Gazette

Volume 32 Number 4

October 2025



**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. The Poff Award was discontinued in 2024.

## Vice-Commanders in Chief visit Post 3150



The Post hosted a dinner gathering at John Lyon for about 40 VFW Legislative Committee members, and the two Vice-Commanders in Chief were among the attendees. Gathering at the Post flag after dinner were Post and National officers: (l to r) Post Adjutant J.Gary Wagner, Post Senior Vice Commander Fritz Gottschalk, Senior Vice Commander in Chief Cory Geisler, Post Commander Mike Cantwell, Post Quartermaster Jim Bertine, Past Post Commander (and Tenth District Senior Vice Commander) Nancy Springer, and Junior Vice Commander in Chief Glenn R. Umberger Jr. The Committee members were in town for the VFW Legislative Conference.

## ***From the Commander...***

VFW Post 3150 continues to participate in veteran and community focused events.

On 9/11, VFW Post 3150 and More Perfect Union (+MPU) hosted a joint event at the Post to commemorate the terrorists attack on our country 24 years ago. Over 40 veterans and non-veterans participated in the event. The facilitated discussion led by Ben Bain of +MPU focused on how we felt in the days following 9/11 and what we can do now to reduce toxic political polarization and become a more unified country. I also read a message from the VFW Virginia Department Commander Doug Hoffman encouraging all VFW members to treat all comrades with respect and dignity and to lead by example by focusing on shared values such as unity, service, and patriotism. We should also engage in listening to understand and we should refrain from personal attacks on other VFW members. Commander Hoffman also reminded Post leaders to refrain from adding personal political opinions to official VFW communication, either in person or online.

VFW Post 3150 is a great Post and we continue to help veterans, active-duty service members and their families, and our local community. We have numerous activities you can get involved with in October and November. We continue to need your active participation at Post Meetings, our volunteer activities, and Service Birthdays.

Please follow VFW Post 3150 on Facebook. We also need your donations. Please click the donate button on the VFW Post 3150 website.

Your Comrade, Mike Cantwell  
Commander, VFW Post 3150

### **Welcome to Our New Members**

Welcome to our new Post members Brittny O'Brien (USAF – USAF Exped w/ Gold / GWOTEM)\*, Naveed Shah (Army - Iraq / IDP)\*, Stephen Murga Jones (Army – Iraq / CIB), and new Auxiliary members Peter Evans and Megan Van Dyke. all who were elected at the September meetings. (\* = Post members whose paperwork is complete.)

**Join us on Facebook to get the latest Post info: John Lyon VFW Post 3150**

### **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.

### **Volunteer at DC VA Hospital**

**7 October:** 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 – 1 pm. Meet in the Community Service room in the basement, just past the Prothesis Lab.

**14 October:** 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)

**18 October:** 12 n, Operation Winterhaven, Pack up (supplies) Day, 50 Irving Street, Northwest

**1 November:** 7 am Operation Winterhaven, Distro (supplies) Day, 50 Irving Street, Northwest  
Sign up for Winterhaven events on Post Calendar.

### **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](mailto:adjpost3150@vfwva.org). Also notify us if you have a new email address.

## 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 [www.vfw3150.org](http://www.vfw3150.org) and click Calendar or Announcements, to our Facebook page at John Lyon VFW Post 3150, or check our weekly email.

## Locker Fee: Pay by 31 October

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. Must be RENEWED by 31 October or they will be considered abandoned! . Those not renewing their rental should empty the locker and return the key.



## 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.



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

## 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](http://www.vfw3150.org)) and click News, and then Calendar, click on meeting date. Membership cards will be checked.

## Music & Comedy Nights at Post 3150

**Tutubi Band:** Saturday, 11 Oct, 7 pm

**REFLEX Improv Comedy:** Friday, 17 Oct, 7 pm

**Band of Vets Comedy:** Saturday, 18 Oct, 8 pm

**Open Mic w/ Tutubi and Nick:** Sat, 25 Oct, 7 pm

**Band of Vets Comedy:** Saturday, 1 Nov, 8 pm

Acts play for tips and appreciate your generosity.

## Trivia Night

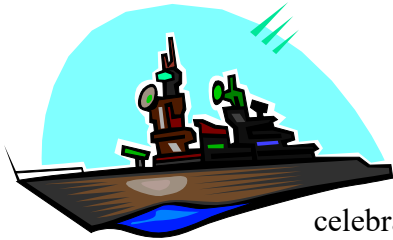
Trivia Night continues on the second Friday of the month, next on 10 October, starting about 7:30 pm.

## 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](http://www.vfw3150.org)), click HOME, then scroll down to Donate Now button. You may specify the amount you donate.**

## 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 11 September at 3 pm.



## U.S. Navy Birthday

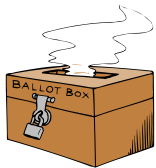
The Post will celebrate the U.S. Navy Birthday with a cake cutting ceremony about 6 pm, on Saturday, **11 October**. As usual, members of all services are invited to attend this celebration.

## 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.

## Newsletter via email and Weekly Email

If you are one of the few who still receive a printed newsletter (or don't receive it at all) and would like to receive it earlier and in color via an email notice from our website, please send an email to [adjpost3150@vfwva.org](mailto:adjpost3150@vfwva.org). You can also receive our weekly email by requesting it at the same email.



**Moved Recently?  
Are you registered to Vote?  
Deadline is 24 October in  
Virginia.  
[www.vote.virginia.gov](http://www.vote.virginia.gov)**

The mail deadline to request an Absentee Ballot is 24 days prior to election. Your request must be received by your Registrar by 5:00 pm.

For info on Virginia elections, go to <https://elections.virginia.gov/>

## Marine Corps Marathon Cleanup

The Post will again help the Marine Corps Marathon by picking up litter after the runners pass by. We will again have the mile along Lee Highway /Langston Blvd near the Post. To volunteer for the cleanup crew (18 are needed), go to the Post website ([www.vfw3150.org](http://www.vfw3150.org)), then News, then Calendar. Find Marathon entry (26 Oct), note and enter password, then scroll down to yellow box (Adopt-a-Mile)).

Send email to Post Adjutant at [adjpost3150@vfwva.org](mailto:adjpost3150@vfwva.org) to let us know you signed up. Arrive at Post by 7:30 am. With the team doing road clean-up, the Post can earn up to \$450 from Marine Corps Services.

## Buddy Poppy Drive



The Post is expected to again conduct a Buddy Poppy Drive at the Commissary at Joint Base Myer-Henderson Hall on the dates of Monday 3 November – Monday 10 November. (Exact dates to be confirmed.) If you can help out, please go to the post website Calendar or Announcements with a preferred two-hour block. All donations go to the Relief Fund which supports veterans and Americanism projects.

## Auxiliary to Meet Special Night

For October, the Auxiliary 3150 will meet on Wednesday night, 22 October, at 7:30 pm, to accommodate another event on Tuesday. Normal Zoom info available on Tuesday Calendar entry. ([www.vfw3150.org](http://www.vfw3150.org), then News, and Calendar,)

Happy 139<sup>th</sup>  
Birthday,  
Miss Liberty  
28 October  
1886-2025



## Bring Your Membership Card

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More info:

<https://www.nfpa.org/Events/Fire-Prevention-Week>

## Birthday or Special Event?

If you have a special event coming up and want to celebrate it with your friends and comrades at the Post Home, contact the Post Quartermaster at [gm@vfw3150.org](mailto:gm@vfw3150.org) or talk to Canteen Manager or House Committee Chairman. We would love to help you celebrate your important milestones.

## From the State Commander: “Pension Poachers”

Comrades,

Some of the members in our department have recently received unsolicited mail from a company stating to assist with VA Pension. In this case, they are VA accredited.

Much like the bad actors who steal VA disability compensation benefits from veterans, family members, and survivors, commonly referred to as “claims sharks”. There is another group of predatory entities you should be aware of: “pension poachers.” These companies often target individuals of a certain age demographic or those with elderly veteran parents or relatives. They aggressively market services encouraging people to file for VA Pension with Aid and Attendance, often through unsolicited mailings or online ads.

Please be cautious. These companies have been around even longer than the claims sharks, and their practices are illegal and unethical. They may:

- Offer to “build a case” that will be approved by VA.
- Use their own doctors to create medical documentation.
- Encourage the hiding of assets to meet financial eligibility requirements (VA Pension is income and asset-based).
- Charge exorbitant fees or take a portion—or even all—of the awarded benefit.

These tactics not only violate VA regulations but can also jeopardize the veteran’s eligibility and legal standing.

What You Should Do:

- Never sign any agreement without verifying the legitimacy of the service.
- Always refer veterans and their families to a VA-accredited representative for assistance.
- If you have any questions or concerns, reach out before taking any action.

Let’s continue to protect our veterans and their families from exploitation. Please share this message with your members.

Doug Hoffman, State Commander  
VFW Dept of Virginia

## Recent Events Around the Post

### 9/11 Patriots Day

Post member Joe Wagner (right) listens >>> to a point with fellow group members during a discussion of the September 11 attacks on the U.S. John Lyon Post and +More Perfect Union co-sponsored the observation of 9-11 attacks and communication skills for John Lyon and community members. +MPU provided dinner and beverages to the group.



### VFW Day: 126 years! Guitar for Vets Celebration

<<< Stafani Katakian, who just graduated from Guitars for Vets, joins Post members Eva Fulton and Fritz Gottschalk to cut a cake for the VFW 126<sup>th</sup> Birthday (VFW Day) and Guitars for Vets in a joint celebration. Gottschalk preceded the cake cutting with a short review of the VFW's beginnings in 1899, when Spanish-American War vets established the first organizations which formed the VFW....



...Guitars for Vets concluded the evening with a concert featuring their instructors, graduates, and students. Instructors Nick Knowles (3<sup>rd</sup> from left) and Bob Grealy (2<sup>nd</sup> from right) are members of John Lyon Post.

# Recent Events Around the Post



## POW / MIA Remembrance Day

<<< J.Gary Wagner explains the POW / MIA remembrance table during ceremonies marking POW / MIA Remembrance Day.

## U.S. Air Force Birthday

Air Force veterans (l to r) Darrell Smith >>> (youngest), and 95-year-old Rupert Bonner Jr (oldest) cut the cake marking the Air Force's 78<sup>th</sup> Birthday. Bonner served in Germany during the Berlin Airlift.



## U.S. Constitution Day

<<< Pocket-sized copies of the U.S. Constitution were distributed marking 238<sup>th</sup> Anniversary of the U.S. Constitution, following a brief commentary on the governing U.S. document.

# 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.

**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

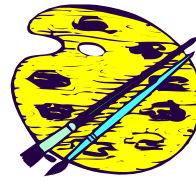
nominations by Oct 31, 2025. The national teacher -- and his/her school ---- each receive a certificate and likely a financial award.



2026. provide like the Scout.

**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, Early submission / interest may opportunity for additional trip for

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](http://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](mailto: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](mailto:adjpost3150@vfwva.org) .

# VFW 3150 October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Guitars 4 Vets, 9 am
5  Zoom Yoga, 10 am	6	7  Popcorn the Vo, 11:30 am  REFLEX Comedy Class, 6:30 p	8  GRIST 7:00 pm	9  Start of Op Enduring Freedom	10  Trivia Night, 7:30 pm	11 G 4 V, 9 am  Post Workday, 3 pm US Navy B'Day, 6 pm Tutubi 7 pm
12  Zoom Yoga, 10 am	13  COLUMBUS DAY  House Com and Post O Call ,7 pm	14  VA Food Pantry, 10 am  REFLEX Comedy Class, 6:30	15  John Lyon Killed, 15 Oct 1918	16	17  REFLEX Comedy Show, 7pm	18 Winterhaven Packup Day,8a  Guitars 4 Vets, 9 am  Band of Vets Comedy, 8 pm p
19  Zoom Yoga, 10 am	20  Post Meeting 7:30 pm	21  GRIST alternate date	22  Auxiliary Meeting 7:30 pm <b>Special Day</b>	23	24 Wall washing Disabled Vets Mem, 7:30 a (Sat ->)	25  Guitars 4 Vets, 9 am  Open Mic Night w/ Tutubi and Nick, 7 pm
26 USMC Marathon Cleanup, 7:30 am  Zoom Yoga, 10 am	27	28  REFLEX Comedy Class, 6:30 p	29	30	31  Halloween  Deadline for VoD, Pat Pen, and Teacher entries 9 pm.	1 Nov  Operation Winterhaven Distro Day, 7 a  Band of Vets comedy, 8 pm

*Voice of Democracy, Patriots Pen, and Teacher of the Year Deadlines 31 October by 9 pm*

*Event updates can be found on our Facebook page. "Like" us at  
"John Lyon VFW Post 3150 Also check [www.vfw3150.org](http://www.vfw3150.org), then  
About/Announcements or News/Calendar for daily hours and events updates.*



**JOHN LYON POST # 3150**

**“All American Post”  
Veterans of Foreign Wars  
2116 North 19<sup>th</sup> Street  
Arlington, Virginia 22201**

**Dated Material Please Do Not Delay**  
October 2025



**Lt John Lyon  
2 April 1893 – 16 October 1918  
Killed in action, World War I**

According to The Washington Post, (11 November 1934) a citation reads: “John Lyon, first lieutenant, Machine Gun Company, 116<sup>th</sup> Infantry, Twenty-ninth division. For extraordinary heroism in action near Damogneux, France, October 15, 1918. During the attack on the Bois De La Grande Monagne, Lieut. Lyon left a place of comparative safety to cross an open space, exposed to direct observation and fire from the enemy, to attempt the rescue of a wounded officer. He and the two men who accompanied him were killed in this attempt.”