

The John Lyon Gazette

Volume 32 Number 5

November 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 has been discontinued.



Marine Corps Marathon Highway Cleanup

John Lyon members, Jim Bertine, Kevin Brown, Mike Cantwell, Fritz Gottschalk, Amir Hussain, Aleksander Pavlovich, Adrian Simental, Darrell Smith, Andy Stewart, John Stewart, and Gary Thompson, were among those on the VFW Team, which cleaned up the highway after the runners passed. They picked up discarded clothing (donated to the homeless) and other debris. Family members and other volunteers completed the team.

From the Commander:

October was another great month for VFW Post 3150 as we continued to serve veterans, their families, and our community. We celebrated the Navy birthday and continued to keep members engaged with Trivia Night, Improv classes, Improv Comedy night, Band of Vets Comedy night, and the Tutubi Band. Over a dozen members and guests helped pack backpacks for homeless veterans at the Winterhaven event and picked up trash and clothing on Langston Blvd after the Marine Corps Marathon.

November is looking to be another busy month at the Post with events scheduled for the Marine Corps Birthday, Veterans Day, and Thanksgiving. Also, the Post's 91st Birthday and Thanksgiving dinner baskets for junior enlisted personnel at Myer-Henderson Hall. Members will also be participating in another Winterhaven service opportunity and the Buddy Poppy donation drive to help disabled veterans.

We have also seen an uptick in members participating in our monthly Post meetings and volunteering to chair or serve on committees. Every member should think about things they can do to help the Post. Everyone has the opportunity to serve in a way that is right for them. Attending a Post Meetings, either virtually, or in person, is the first step you can take to help you discern the right volunteer opportunity for you.

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

******* POST Members: The Post will conduct a short ceremony for new VFW Post members at the next meeting, 17 November at 7:30 pm. If you joined since the beginning of COVID and have not been "sworn in", please attend in person and receive your VFW lapel pin.

Qualifying for VFW or Auxiliary Membership

Veterans who served overseas in an active or passive war zone are likely eligible for the VFW. The best indicator is receipt of an Expeditionary or Campaign Medal, although some other qualifiers exist. The most common are World War II, Korean War, Vietnam War, Desert Storm, and the Afghanistan and Iraq Wars, but other campaigns and situations, such as Bosnia, Panama, Cuba, and Imminent Danger Pay also qualify. A DD Form 214 or other documentation which shows the qualification is required. Further information is available at the Post or email the Adjutant at adjpost3150@vfwva.org. You can sign up or renew membership on the Post website at www.vfw3150.org, then ABOUT, then one of the choices.

Membership in the VFW Auxiliary is open to men and women whose spouse, parent, grandparent, child, grandchild, sibling (and half-sibling who attain the status prior to the age sixteen) was or **is eligible** for membership in the Veterans of Foreign Wars of the United States of America. Documentation is required as it is for the Post. Members must also be at least sixteen years old. Those whose family members might be interested can get further information at the Post or email to cg12dc12@outlook.com.

Welcome to Our New Members

Welcome to new Post members Pascale Pierre (Army – Korea / Iraq)*, Amir Hussain (Army – Afghanistan / GWOTEM)(trans)*. Those with completed applications (*) were elected at the October meeting and their memberships were transmitted to National.

Marching Off...



Juanita Diggs, 92, on 19 Sept, in Woodstock VA, Auxiliary member. A Celebration of Life was held on Sunday, October 26, 2025, Edinburg, VA.^

Al Zodun, 72, on 5 Oct, in Falls Church. Auxiliary member, and longtime WRC NBC 4 Broadcast Engineer. Burial in home state North Carolina.



Hours for Post Canteen

The Post Canteen scheduled hours as follows.
Friday from 6-10 pm. Normal food menu
Saturday from 6-10 pm. Normal food menu
Post may extend hours for various events.

Schedule Updates

For the updated openings, hours, and events, go to www.vfw3150.org and click on Calendar. Event updates can also be found on our Facebook page at JohnLyonVFWPost3150, the Post webpage, or in the weekly email. For info on activities, you can also email adjpost3150@vfwva.org.



**Be a Winner:
Vote! up to
Tuesday, 4 November
Study the issues.
Your vote counts!**

**For info on Virginia
elections, go to
<https://elections.virginia.gov/> and
click on
“Upcoming Elections”
You may need a photo ID to vote.**

In-Person or Internet Meetings

While the Post and Auxiliary have in-house meetings; the Internet option via Zoom (Post) or Skype (Auxiliary) will continue for members desiring to do so. If you would like attend meetings remotely, go to www.vfw3150.org, then the Post Calendar under NEWS, then click on the entry for that date.

Buddy Poppy Drive, New at Lyon Plaza



The Post will again conduct a Buddy Poppy Drive at the Commissary at Joint Base Myer-Henderson Hall on Monday 3 November – Friday 7 November. **AND 10 am – 4 pm on Saturday 8 November – Monday 10 November at the Italian Store at Lyon Plaza (3123 Lee Hwy).** If you can help out, please go to www.vfw3150.org, then go to Calendar, and Buddy Poppy Distribution. Select a date then click Tickets to select a preferred two-hour block. A reminder: any and all proceeds collected go only to the Post’s Relief Fund.

Volunteer at DC VA Hospital

1 November: 7 am Operation Winterhaven, Distro (clothes, etc.) Day, 50 Irving Street, NW. Sign up for Winterhaven event on Post Calendar.

4 November: 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.

11 November: 10 am, Monthly Food Pantry event at the DC VA Hospital. Volunteer opportunity for John Lyon members. In front of the DC VA Hospital Research Center (Bldg. 6).



Post Veterans Day Ceremonies

John Lyon members will gather for two Veterans Day ceremonies. First gather at the Clarendon War Memorial, at 11 am. This memorial is in the center of Wilson and Clarendon Boulevards where Washington Boulevard crosses and is just west of the Clarendon Metro stop. Then at 12 noon at the “John Lyon Memorial” --- across the street from the Safeway (3713 Lee Highway) on the grounds of the Cherrydale Healthcare Center. This will include our participation in Bells for Peace initiative, and we will ring our bell 21 times in remembrance of the fallen. Both events are family-friendly and an ideal event to reinforce history and patriotism for your sons and daughters --- or grandchildren, if they’re nearby. The day will conclude with an Open House at the Post starting at 1 pm.

VoD, Patriot’s Pen, Teacher Entries due 31 October, 9 pm at Post, or midnight at adjpost3150@vfva.org

Have You Moved? New Email?

Post and Auxiliary members please send an email with your new address to adjpost3150@vfwva.org. Also notify us if you have a new email address.

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.

Birthday or Special Event?

If you are having a birthday party or other special event, host it at the Post and use it as a fundraising event. We have a Post member that has already offered to match donations each month, up to \$1750. We can use the donations from your birthday party to reach that critical \$1750 goal to earn that match. Contact the Post Quartermaster at qm@vfw3150.org or talk to Canteen Manager or House Committee Chairman. We would love to help you celebrate your important milestones.

More on Veterans Day

Vets: remember to wear the medals you earned during military service on Veterans Day.

The complete Vet Day Weekend schedule can be found on back page of this newsletter.

Veterans Day 2025 discounts, dinners, etc., for vets: Go to <https://www.military.com/veterans-day/veterans-day-military-discounts.html>

Newsletter via email and Weekly Email

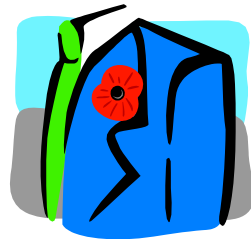
If you are not receiving our newsletter and would like to receive it in color via an email notice for our website, please send an email to adjpost3150@vfwva.org. You can also receive our weekly email by requesting it at the same email. And to change your email address.

Friday Night Trivia

Friday Night Trivia will be held on the second Friday of November. This month it will be on Friday, 14 November at 7:30 pm.

Many Members 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 (even if past the date). Or early. Go to www.vfw3150.org, click on ABOUT, then MEMBERSHIP RENEWAL, or go to www.vfw.org and click Renew in upper right corner for VFW For Auxiliary, go to www.vfwauxiliary.org/, then Malta. Or send a check for \$40 (VFW) or \$25 (Auxiliary), to Post address on page 1.



HELP THE BUDDY POPPY TEAM!

Post 3150 to Mark 91 Years!

John Lyon Post 3150 will celebrate its 91st birthday at 7:30 pm on Saturday, 22 November. The Post was chartered on 20 November 1934. All members are invited to join in the celebration.

U.S. Marine Corps 250th Birthday



**Monday,
10 November 2025
Post Open 5 – 10 pm
Dinner from 7 pm
Ceremony 8 pm**

RSVP / Sign up for a spot by using this Eventbrite link: go to the Post Calendar, click on USMC Birthday. Donations made before the event on **November 10, 2025**, will be given to Toys for Tots. Donations received on the day of the event will support the VFW Post's donation efforts.

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 out, show up at that time with any tools you might use for various work. The House Committee would appreciate your help on the second Saturday of the month. Next is 8 November at 3 pm.

Facebook

Join us on Facebook to get the latest Post info:
[John Lyon VFW Post 3150](#)

Music & Comedy Nights at Post 3150

Band of Vets Comedy: Saturday, 1 Nov, 8 pm
REFLEX Improv Comedy: Friday, 21 Nov, 7 pm
Open Mic w/ Tutubi and Nick: Sat, 29 Nov, 7 pm
Acts play for tips and appreciate your generosity.

Donations Match

Two anonymous donors have set up a combined monthly matching \$1,750 donation. Please continue to consider donating to JOHN LYON VFW POST 3150, a 301(c)(19), a VSO non-profit organization. A \$25 tax donation goes a long way to help the Post continue making the necessary improvements to our remarkable 101-year-old Post Home. Updating the restrooms will be our next project.



Thanksgiving Baskets

Post and Auxiliary members will prepare Thanksgiving baskets including turkeys and all the trimmings necessary for a festive holiday meal for junior enlisted personnel in our area. The preparations will begin at 9 am on Saturday, 22 November. Delivery to Myer-Henderson Hall will follow. Come join in with this spirit of Thanksgiving.

Scouts, Artists, Fire, Law Enforcement

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



2026.
provide
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.



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).



Yoga, 10 am

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 shut off your video (of you).

Also:

Wednesdays, 6:30 pm

www.yogalegion.com/schedule

Sat, 8 Nov, 11:30 – 1:30 Nidra-Gong Yoga, in Post
www.eventbrite.com/e/1731700445649?aff=oddtcreator

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 www.vfw3150.org/, then Programs. You may also email adjpost3150@vfwva.org for further information.



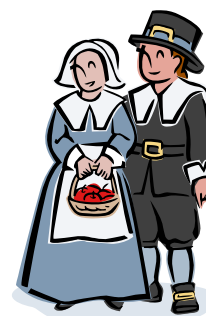
Continuing Education Scholarship. Additionally, the VFW Auxiliary sponsors a scholarship for an auxiliary member or the spouse or child of a member. Deadline to apply is 15 February 2026. Website same as Patriotic Art above but final click on Continuing Education.

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.

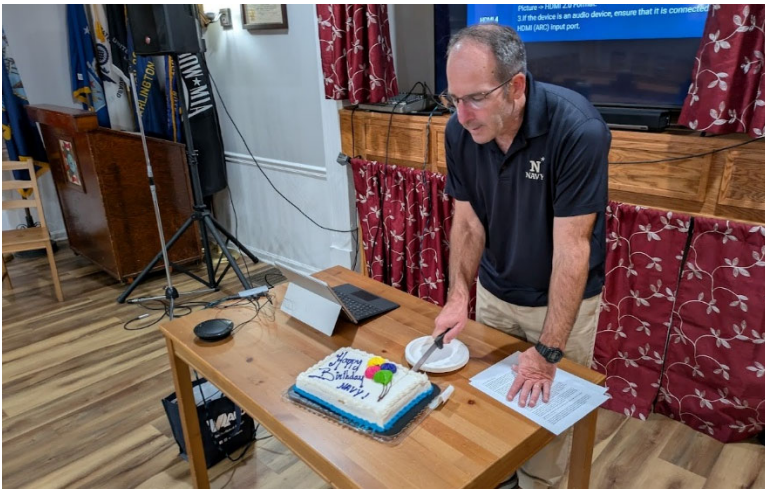
Nominations include a resume of nominee's background and background in applicable area, resume of accomplishments in field, title and address. For info send email to adjpost3150@vfwva.org .



Happy Thanksgiving! Thanksgiving Dinner

The Post will host a Thanksgiving Dinner on Thursday, 27 November, starting at 2 pm. But the Post may remain open for football games later in the day. This will be a potluck. Bring a side dish. The Post will provide the turkey. Sign up at calendar event on Post website to let us know what you will bring.

Recent Events Around the Post



U.S. Navy Birthday

<<< Post Commander and Navy veteran Mike Cantwell cuts the cake at the conclusion of festivities marking the U.S. Navy's 250th birthday. Cantwell gave remarks on the Navy's history earlier during the program.



Winterhaven Pack-Up Day at D.C. VA Center

(l to r) Post 3150 members Mike Cantwell, Fritz Gottschalk, Chris Gaffney, Nancy Springer, Jim Bertine, and Cedric Russell pause behind packed storage bins at the D.C. VA Hospital at the recent Winterhaven Pack Up Day. Homeless veterans may pick up **needed clothing, shoes, and other items at 7:30 am on 1 November** Distribution Day at the .Washington DC Veterans Affairs Medical Center which will host its 30th Annual Winterhaven Homeless Veterans Stand Down at the main medical campus. For the past three years John Lyon VFW Post has donated over \$7500 to purchase needed items for the Veterans. There are several ways you can assist with Operation WINTERHAVEN:

- Donate to our Post's Relief Fund by donating at this link: [Donate to WINTERHAVEN](#) (click on Relief fund).

Volunteer to help distribute items or man a position at Operation WINTERHAVEN by signing up at our Eventbrite page: [WINTERHAVEN](#). Or go to Post Calendar and click on event. If you have questions about this, please contact Fritz at: fritzg1988@gmail.com.

VFW 3150

November 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						31 Deadline for Pat Pen, VOD and Teacher entries, 9 pm	1 Winterhaven distro, 7 am Guitars 4 Vets, 9 am Poppy Distribution 8 am – 3pm
2 Daylight Savings Time ends, 2 am Yoga 10 am	3 Poppy Dist at Commissary, 7:30 – 4:00	4 Popcorn at VA, 10 am Poppy Dist at Commissary, 7:30 – 4:00	5 Poppy Dist at Commissary, 7:30 – 4:00	6 Poppy Dist at Commissary, 7:30 – 4:00	7 Poppy Dist at Commissary, 7:30 – 4:00	8 Guitars 4 Vets, Saturday, 9 am Poppy Dist at Lyon Plaza 10 – 4:00	
9 Poppy Dist at Lyon Plaza 10 – 4:00 Yoga 10 am	10 Poppy Dist at Lyon Plaza 10 – 4:00 USMC Birthday 8 pm Food from 7 pm	11 VETERANS DAY Clarendon Memorial 11 am John Lyon Mem. 12 n Post Open House, 1 pm	12 ←--VA Food Pantry, 10 am GRIST mtg, 7 pm	13	14 Trivia Night, 7:30 pm	15 Guitars 4 Vets, each Saturday, 9 am	
16 Yoga 10 am	17 Post Meeting 7:30 pm	18 Auxiliary Meeting 7:30 pm	19	20	21 Reflex Comedy show, 7 p	22 Thanksgiving Basket Prep and Delivery, 8 am Post 91 st Birthday 7:30 pm	
23 30 Yoga 10 am	24	25	26	27 THANKGVNG DAY Potluck 2 pm	28	29 Guitars 4 Vets, each Saturday, 9 am	



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
November 2025

VFW Post 3150

Veterans Day 2025 Schedule

Sunday, 10 November

5 pm Open; 7 pm BarBQ Food service begins. (RSVP)
8 pm USMC Birthday Ceremony and Cake Cutting

Monday, 11 November

11:00 am Arlington Wreath Laying Ceremony,
Clarendon War Memorial, intersection of Wilson, Clarendon, and Washington Blvds

12 noon John Lyon Wreath Laying Ceremony,
Cherrydale War Memorial: Cherrydale Health Carecenter, across from Safeway at
3713 Langston Blvd / Lee Highway

1 pm Post Open House

In case of inclement weather, ceremonies at Post 3150