

The John Lyon Gazette

Volume 33 Number 6

December 2025 – January 2026



**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.



Thanksgiving at Post 3150

Post and Auxiliary members and two from our co-sponsors at First Command organization prepared boxes of Thanksgiving foods for six families of junior enlisted personnel from Meyer-Henderson Hall. Many of the same group of 15 bought the supplies and / or then delivered the boxes to the families at Myer-Henderson Hall. The boxes contained turkeys and other food items for Thanksgiving dinners and another meal or two. The families were selected by the USO and the base command structure.



A John Lyon Thanksgiving

About 15 John Lyon members and family, and a few friends gathered at the Post on Thanksgiving Day for an extensive Pot Luck dinner featuring two turkeys and many sides.

From the Commander:

Another busy month at VFW Post 3150. This year we expanded our outreach by setting up our “Buddy Poppy” tables at the Joint Base Meyer-Henderson Hall and the Lyon Plaza shopping center. We spread the word about the sacrifices of veterans and collected thousands of dollars in donations for needy veterans and their families. Thanks to Past Commander Springer and many others, the Marine Corps Birthday event on 10 November was a complete success. Retired Marine and current Arlington County Board member was our guest speaker, and the Post was packed with veterans from as far away as Connecticut and Ohio. An impressive array of elected leaders attended our Veterans Day events at the Clarendon War Memorial, the John Lyon Memorial, and the open house at the Post. Attendees included Senator Kaine, Representative Beyer, State Senator Favola, State Senator Salim, Virginia Delegate Hope, Virginia Delegate McClure, and Arlington County Board Member Cunningham. At the open house, VFW Post 3150 received a \$2500 Home Improvement grant from Colonial Down. First Command also donated \$500 to help pay for Thanksgiving and Christmas baskets for junior enlisted military members and their families. On the Saturday before Thanksgiving, Post members shopped for, prepared, and delivered the Thanksgiving baskets to the military members and their families. On Thanksgiving Day, VFW members and Auxiliary members gathered at the Post to share a meal together. Many thanks to everyone who participated in these events.

In partnership with Reflex Improv, we continue to provide free improv classes for Post members. See the weekly newsletter for more information. On a somewhat negative note, member participation in Friday and Saturday night activities continues to decline. We have also had to close the Post on several occasions because we could not find a volunteer bartender to work a shift. Member engagement and financial stability are our two goals for the year. We need more members to attend Post meetings, participate in Trivia night and Yoga, and hang out at the bar on Friday and Saturday nights. We need more members to volunteer to be trained as bartenders and work one or two shifts a month. We also need donations for our relief fund and our legal fund. Please do your part to help the Post succeed.

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, 15 December 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 Christan Alvarez (Army – Iraq x2 / Bosnia)*, Casey Leavings (USAF – Korea / Iraq)*, John Stewart (Army – Iraq / Afghanistan / GWOTEM)*, Sean Wolf (Army – Iraq / Afghanistan / GWOTEM)*, Daniel Davis (USAF – Iraq / Afghanistan / GWOTEM / USAF Exped)(transfer)*, Kevin Furey (Army – Iraq)(transfer)*, Jill Knaus (Army – GWOTEM / Iraq)(transfer)*, and Craig Prestonbach (Army – SW Asia / IDP)(transfer)*, and new Auxiliary member Aimee Dajc,* Those with completed applications (*) were elected at the November meetings and their memberships were transmitted to National.

Marching Off...



Mac H Morris, 98, on 28 May 2024. He served in World War II as an Army medical technician. Mac was the founder of Arlington Funeral Home and a familiar face to those who attended funeral services for years. He was buried in Columbia Gardens

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.

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.

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.

Many Members Set to Expire - No Penalty for Early Renewal

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). You can also renew for the next year without affecting your renewal date (except it advances the year). 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.

Post Workdays.

You will notice on the Post Calendar there are Second Saturday 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. Next are 13 December and 10 January at 3 pm.

Friday Night Trivia

Friday Night Trivia will be held on the second Friday of December and January. Next it will be on Friday, 12 December and 9 January at 7:30 pm.

Music & Comedy Nights at Post 3150

Tutubi Live Band, 6 Dec, 7 pm
Band of Veets Comedy Show, 13 Dec, 8 pm
REFLEX Improv Comedy: Friday, 19 Dec, 7 pm
Open Mic w/ Tutubi and Nick: Sat, 27 Dec, 7 pm
REFLEX Improv Comedy: Friday, 16 Jan, 7 pm
Open Mic w/ Tutubi and Nick: Sat, 31 Jan, 7 pm
Acts play for tips and appreciate your generosity.

Tax Deduction Time!

Two anonymous donors have set up a combined monthly matching \$1,750 donation. Get a tax deduction by donating to JOHN LYON VFW POST 3150, a 301(c)(19), a VSO non-profit organization. Select your donation on our webpage www.vfw3150.org or send a check to the post address on page 1 of this newsletter.



Sunday Zoom Yoga, 10 a

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).

Wednesday Yoga has been suspended until after the holidays.

Children's Christmas Party

The annual Children's Christmas Party for USO selected junior enlisted families at Myer-Henderson Hall will be held Saturday, 13 December, at 12 noon.. The Christmas dinner food baskets will be prepared that morning. Gift wrapping will also take place Wednesday, 10 December at 5:30 pm. Gift wrappers encouraged to help out.

Facebook

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

VFW 10th District Meeting, 6 December

The VFW Tenth District will conduct its next meeting on Saturday, 6 December at 10:am at VFW Post 8241, 1051 Springhill Rd, Maclean. VFW members are invited to attend. Auxiliary members will not meet.



Pearl Harbor Day Remembrance Ceremony

Sat, 6 Dec, 6:30 pm

Winter Council Meeting

January 8 - 11, 2026 Winter Council Meeting, Hotel Madison & Shenandoah Valley Conference Center ~ Harrisonburg, VA. Phone 540-564-0200. Room Rates are \$129.00 per night. Cut-off date for Group rate is December 8 2025.

See VoD, Patriot's Pen, Teacher of the Year Winners. Banquet deadline is 18 December, \$55. See December General Orders (VFWVA.org, then NEWS) for more information.

Wreaths Across America

Wreaths Across America which places Christmas wreaths on the graves of our fallen Comrades and their family members is on **Saturday, December 13** in your town. Send us a photo of you doing the work. See <https://www.wreathscrossamerica.org> for more information. The Post will likely assist with pickup at Arlington National Cemetery in January.



Prevent Fires over the Holidays

**Check for frayed
and broken wires on your tree
lights!**

Scouts, Artists, Fire, Law Enforcement

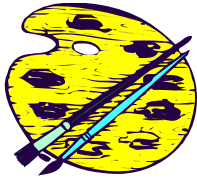
The following is an overview of VFW programs and contests for students, teachers, and scouts, and First Responders



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).



**If you travel,
prepare your car for
winter before driving and
stay aware of conditions
during your trip.**

Get there safely!

° **Lonely during the Holidays?**

Find new friends at your VFW 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 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 .

Newsletter via email and Weekly Email

If you are one of the few who still receive a printed newsletter and would like to receive it earlier and in color from our website via an email notice, 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.



Veterans Day



(l to r) State Senator Barbrara Favrola, Arlington County Board member Susan Cunningham, Post Commander Mike Cantwell, Auxiliary President Jeff Mounts, U.S. Senator Tim Kaine, U.S. Representative Don Beyer, and LTC Chaplain James Miller stand with the wreath presented at the Clarendon War Memorial on Veterans Day.



Pausing after the wreath presentation at the “John Lyon Memorial” were (l to r) Jim Bertine, Joe Wagner, Congressman Don Beyer, Jeff Mounts, Steve Jones (great grand nephew of John Lyon), Fritz Gottschalk, Mike Cantwell, Cathy Graham, Susan Cunningham (Arlington County Board), Bonnie Britten (in shadow), Andy Lennon, Nancy Springer, Jinda Mounts, and J.Gary Wagner.



First Command of Arlington, VA presented a check for \$500 to Post 3150 on Veterans Day at the Post to assist junior enlisted families on Myer-Henderson Hall, suffering from food insecurity during the Holidays. (l to r) Post Commander Mike Cantwell, First Command representative Steve Lewis, and Post Senior Vice Commander Fritz Gottschalk pause for a photo following the check presentation.



Virginia Veterans Foundation Colonial Downs presented a \$2500 grant check to Commander Mike Cantwell for Post improvements. Other VFW and Community leaders look on.

Recent Events Around the Post



250th USMC Birthday

(left) J.D. Spain, member of the Arlington County Board (and Post 3150, Marine) addresses the gathering as Special Guest. (right, l to r) Marshall Adair and Jim Slavin, the youngest and oldest Marines, and J.D. Spain watch as Commander Mike Cantwell cuts the cake for the 250th Birthday of the U.S. Marine Corps.



Post 3150's 91st Birthday

<<< (l to r) Udit Minocha, Nancy Springer, J.Gary Wagner, and Adrian Simental cut the cake after a short ceremony marking the 91st birthday of John Lyon Post 3150. The Arlington VFW was founded on 20 November 1934,

Operation Winterhaven 2025

On a cold Saturday morning, four VFW 3150 >>> members participated in Operation Winterhaven 2025 in Washington DC. Jose Alvarez, Jim Bertine, Anita Fligge, and Fritz Gottschalk passed out winter clothing, blankets and sleeping bags to the Veterans as well as food baskets for them and their families. Attending were over 450 homeless (or close to homeless) as well as their families. Fligge and Bertine are seen welcoming some of the veterans and volunteers.



VFW 3150

December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Reflex Improve Class, 7 m			--> 10th District Mtg, 10 am	G4V Group , 9 am Pearl Harbor ceremony.6:30 Tutubi Live Band, 7 pm
7	8	9	10	11	12	13
Deadline → to Post for Police, Fire, EMT Awards Zoom Yoga, 10 am	House Committee / Post O Call, 7 pm	Reflex Improve Class, 7 pm	MVAC, 5:30p Gift wrap for Sat. Party, 5:30 pm GRIST mtg, 7 pm		Post Work --> Day, 3 pm Christmas Tree setup, 6 pm Trivia Night, 7:30 pm	G4V, 9 am Food box prep, Children's Christmas Party, 12 n Band of Vets Comedy, 8 pm
14	15	16	17	18	19	20
Zoom Yoga, 10 am	Post mtg, 7:30pm	Auxiliary Meeting, 7:30 pm		Reflex Improve Class, 6:30 pm	Reflex Improv Comedy Show, 7 pm	SPACE FORCE BIRTHDAY G4V Group, 9 am
21	22	23	24	25	26	27
Zoom Yoga, 10 am			CHRISTMAS EVE	CHRISTMAS DAY		G4V, 9 am
28	29	30	31			
Zoom Yoga, 10 am			NEW YEAR'S EVE			Open Mic Night w/ Nick and Tutubi, 7 pm

Keep up with the latest: Check Facebook or Post website: vfw3150.org.

VFW 3150

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			31 NEW YEARS EVE	1 NEW YEARS DAY	2	3 G4V Group, 9am
4 Zoom Yoga, 10 am	5	6 Reflex Improve Class, 7 pm	7 MVAC, 5:30p GRIST mtg, 7 pm	8	9 Trivia Night, 7:30 pm Winter Council, Harrisonburg	10 G4V group ,9m Post Work Day, 3pm Winter Council, Harrisonburg
11 Zoom Yoga, 10 am Winter Council, Harrisonburg	12 House Committee / Post O Call, 7 pm	13	14	15	16	17 G4V group, guitar lessons, 9 am
18 Zoom Yoga, 10 am	19 MARTIN LUTHER KING JR DAY Post Meeting, 7:30 pm	20 Auxiliary Meeting, 7:30 pm	21	22	23	24 Wreaths Across America pickup G4V group guitar lessons, 9 am
25 Zoom Yoga, 10 am	26	27 Vietnam Peace Accords	28	29	30	31 Open Mic Night w/ Nick and Tutubi, 7p

Keep up with the latest: Check Facebook or Post website: vfw3150.org.

More events will likely be added. Probable: Super Bowl Party on 8 February



JOHN LYON POST # 3150
"All American Post"
Veterans of Foreign Wars
2116 North 19th Street
Arlington, Virginia 22201-

Dated Material Please Do Not Delay
December 2025- January 2026



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2023 Post Christmas tree

***Merry Christmas,
Happy Hanukkah
and Kwanzaa and a
Happy New Year!***

***From the Members of
John Lyon VFW Post 3150
and the Auxiliary,
Our very best wishes
for the Holidays***