

The John Lyon Gazette

Volume 33 Number 7

February 2026



Veterans of Foreign Wars
John Lyon Post #3150
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Arlington VA 22201
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<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. The award was discontinued in 2024.



From the John Lyon Past... Pics from Twin Blizzards of Feb 2010.
(see story on page 2)

From the Commander...

Even during the dark months of the Winter, VFW Post 3150 continues to serve veterans and our community. A few weeks before Christmas, the Post hosted a Holiday party for junior military families. The party included a visit from Santa, Christmas food baskets, presents for children of service members, and Holiday music provided by Nick Knowles and Guitars for Vets band of guitar players. A big shout out to Jinda Mounts for preparing the food and everyone who helped with the event or made donations. Post members participated in the District 10 meeting in December and the Virginia Department Winter Meeting in Harrisonburg, Virginia in January.

Post members continue to benefit from our partnerships with various organizations. ReflexImprov continues to provide free improv classes and free improv shows for Post members. Guitars for Vets continues to help servicemembers impacted by PTSD and other service-related trauma by providing guitar instruction, where they use the healing power of music to foster renewal, connection, and community. Also, Band of Vets Comedy had another sold out show, providing needed revenue for the Post and entertainment for Post members.

I sent out a Commander's Note at the beginning of the year where I discussed our many challenges and encouraged members to get more involved with Post activities. We need more members to do the work required to keep the Post operating and meeting its mission. This "work" includes serving as an Officer, a Committee Chair, a committee member, organizing and executing events, bartending, cooking, coordinating Hall rentals, participating in Post and Department of Virginia meetings and events, fundraising, creating the monthly newsletter, recruiting new members, paying bills, preparing reports, and maintaining records.

As with any volunteer run organization, the leaders of the organization must encourage volunteers to give their time, talents, and treasure in support of the organization. Please take a few minutes to think about what YOU can do to support VFW Post 3150. Perhaps you have a special talent, or extra time, or extra wealth to give to the Post. Please contact me or one of the other officers so we can have a discussion about what you can do to support the Post.

Your Comrade, Mike Cantwell
Commander, VFW Post 3150

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(From March 2010 newsletter)

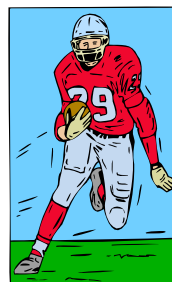
"Twin Blizzards of 2010

"The Twin Blizzards of 2010 dropped about 30 inches of snow in the parking lot and left Post 3150 activities in the cancelled column. Both the Men's Auxiliary's and the Post's meetings for February, as well as Highway cleanup, the Superbowl Party, Sunday Brunch, and the Ladies Auxiliary's Shrimp Fest and 75th Birthday celebration were cancelled, the latter moved to the Ladies' meeting night. Cancellations were due to the storms themselves or access to the Post, available parking, or to some storm damage to the Post home. Once the parking lot was cleared, the post reopened but not for larger events. The expected melting should help us get back on schedule. You can always call the Post (number above) after 3 pm for an update. "

Awards Ceremony, 8 Feb

Our student essayists and First Responders will be honored at the annual awards ceremonies at 4 pm on Sunday, 8 February. Everyone welcome. Snow date is 15 February at 4 pm.

Post Open for NFL Championship



The Post will be open on 8 February for those who want to watch the NFL Championship game. Bring your favorite potluck item. The Post will provide pizza and veggies, starting at 6:30 pm. Calendar at www.vfw3150.org.

Welcome to Our New Members

Welcome to new Post members Nicholas Allen (Army / USMC - Iraq / Afghanistan)(Life)*, William Daming (Army – Korea Defense), Scott Marconda (USMC – Iraq / Afghanistan / AFEM / GWOTEM)(Life)*, Dan Santoro (USAF – Kosovo / Iraq / GWOTEM / AF Exped)(Life)*, Tim Sharpe (Army – Iraq x2 / Koea / GWOTEM / CAB)(Life)*, Ryan Straseskie (Army – Iraq)*, Evan Trost (USMC – GWOTEM)*, Youssef Hassan Aboul-Enein (Navy – AFEM / GWOTEM / Iraq / CAR) (Life)*, Anthony Hertach (USAF – Afghanistan), Marc Henri (USAF - GWOTEM)*, Jennifer Lynne Woods (Army / USAF - Kosovo / GWOTEM) (transfer)*, Harrison Touby (Navy – GWOTEM), and new Auxiliary member, Shannon McCarthy, all elected at the December or January meetings. VFW Membership cards for those with completed applications (*) should be in the mail.



A John Lyon Hello...

...to John Lyon's own: John Bartrum (right), recently sworn in as the Undersecretary for Health of the U.S. Department of Veterans Affairs by Douglas Collins, the Secretary of Veterans Affairs! Mrs Bartum holds the bible in center.

3150 Auxiliary's 91st Birthday

Post 3150 Auxiliary will tentatively celebrate its 91st birthday before their meeting at 7 pm on 18 February. All John Lyon members are invited to attend.

Friday Night Trivia

Friday Night Trivia will be held again on the second Friday of the month for about 1-1/2 hours. Next it will be on Friday, 13 February at 7:30 pm.

Sunday Zoom 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 turn off your video (of you) and be anonymous!

Hours for Post Canteen

The Post Canteen scheduled hours as follows.

Friday from 6-10 pm

Saturday from 6-10 pm

Post may extend hours for various events.

Schedule Updates

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

In-Person or Internet Meetings

While the Post and Auxiliary have resumed in-house post meetings, the Internet option via **Zoom** (Post) or **Skype** (Auxiliary) will continue for members desiring to do so. Go to the Post Calendar on the Post webpage. (www.vfw3150.org) Click on the meeting you want to attend. Membership cards will be checked.

The Post will continue to hold in person ceremonies for members who have not been “sworn in” and received a membership lapel pin. Please come to the meeting in person.

Have You Moved? New Email?

Post and Auxiliary members, if you have moved or not receiving any VFW notices, please send an email with your new address to adjpost3150@vfwva.org. Also notify us if you have a new email address.



**Take it Easy when
Shoveling snow!
Give your heart a
break!**

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.

New Officers to be Elected

Post officers for the Year 2026-2027 will be nominated during the March meeting and elected in April. All members are urged to consider one of the positions. Contact the Commander or one of the other current officers for more information on the positions. All positions are open to be filled. The elected positions and some of their areas of prime interest are commander, senior vice commander (membership), junior vice commander (activities), quartermaster (accounting/finance), chaplain, three-year trustee (oversight). Additionally, there are appointed positions such as adjutant (admin), advocate (parliamentarian), surgeon (welfare and hospital), officer of the day, guard, historian, and publicity chairman to be filled.

The VFW Auxiliary will both nominate and elect new officers during their April meetings. Contact the President or one of the other officers for further information.

Auxiliary's CAFÉ in DC on 28 Feb

The VFW National Auxiliary's Celebrating America's Freedom Event (CAFE) will be held at the National Vietnam Veterans Memorial at 10 am on 28 February. Highlights include parade of State Presidents, remarks by the National President and the VFW Commander in Chief. For further information go to <https://vfwauxiliary.org/upcoming-events/>, then "Click Here" and "Agenda".

Memberships Set to Expire

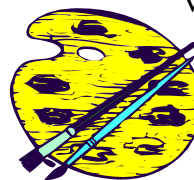
Please check your membership card for your expiration date and renew if necessary. You can renew early without affecting your original renewal date. Go to www.vfw3150.org, then click on BECOME A MEMBER, then RENEW or go to www.vfw.org and click Renew in upper right corner for VFW members For Auxiliary, go to <https://vfwauxiliary.org/>, then Malta. Or both send check for \$40 (\$25 for Auxiliary) to Post address.

Scouts, Artists

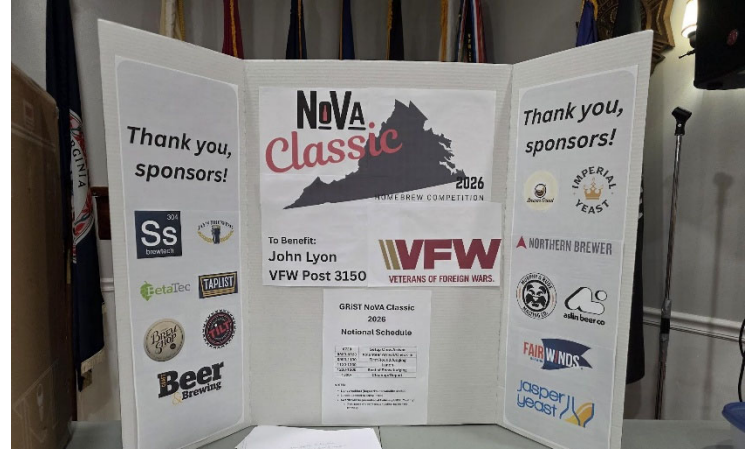
The following is an overview of VFW programs and contests for artists and scouts for the remainder of the year:



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**, for info and forms, go to www.vfw.org, then Community, then Youth and Education, then Scout of the Year.



VFW Auxiliary's **Young American Creative Patriotic Art Contest:** grades 9 - 12. Deadline is March 31. Go to <http://w6www.vfwauxiliary.org>, then Scholarships, then Young American Creative Patriotic Art Brochure. Follow above link to see winners since 1979, including last year. Also an art contest for grades K - 8. See **Illustrating America** info, same webpage.



The Northern Virginia Classic at John Lyon VFW Post 3150

Saturday, January 24th marked the return of our GRiST club's annual home brew contest to John Lyon VFW Post 3150. Just like last year, the tournament took place on the day before a huge snow storm! This year, 40 entrants, including a member of our Post's Auxiliary, Charlie Harr, entered their beers to be judged. Most of the entrants were from the DMV - Virginia, Maryland or the District of Columbia. Some entries came from as far away as California and covered many regions of the US including New England, Northeast, Mid-West, Southeast, West Coast, and Great Plains.

There were a total of 93 beers with 54 different styles entered in 32 separate categories. This year 10 Veterans entered their beer in the coveted John Lyon category for a home brewer that is a Veteran. The judging took place in 12 different beer categories with two prizes as goals - Best in Show and the prestigious John Lyon Award for the best Veteran-brewed beer.

The winner of each of the categories was advanced to the Best in Show category where a panel of three of the most experienced judges awarded the Best in Show to a Session Strength West Coast IPA - a crystal clear, American beer that originated in California and has a piny/citrusy flavor.

The winning beer in the John Lyon Class was a Kellerbier, a traditional German Cellar Beer that is unfiltered and has a hazy appearance and a rustic, fresh flavor. Charlie Harr from the Post Auxiliary took second place in the smoke/wood category with his Bourbon Barrel Aged Imperial Stout. Although Udit Minocha did not enter a beer, he was instrumental by taking charge of the Post and acting as a steward for the contest.

Judges from across the DMV helped judge the beers, the judges are part of the Beer Judge Certification Program (BJCP). Beers are judged by a pair of judges as low, medium or high for their aroma, appearance, flavor, mouthfeel (creamy or crisp, how does it feel on the palate), overall.

GRiST (Grains Resulting in Something Tasty) is a local home brewing club that is sanctioned by the American Home Brewers Association. GRiST has been meeting in our Post for several years on the second Wednesday of each month. GRiST is a very positive group and welcoming to all. There are approximately 40 members in the club including members of the Post and our Auxiliary.

If you are interested in home brewing, or just want to hang out with folks that are, check GRiST out on February 11th at 7 PM. All their future meeting dates are on the Post's calendar, normally there is a social hour, short class and discussion about a home brewing topic and more social time at the end of the meeting. There is always home brewed beer to taste.

Christmas at John Lyon



Post and Auxiliary members

gathered to fulfill the kids' wish lists via a Christmas visit from Santa and a complete Christmas dinner. John Lyon Post coordinated the Santa visit for 11 children

from 5 junior enlisted families at nearby Joint Base Myer- Henderson Hall. Members shopped for groceries while Jodie LaFreniere-Dajc and Aimee Dajc assisted Santa's elves. Another 7 or 8 John Lyon members wrapped the presents, helped pack food for Christmas dinner and another meal, and assisted with the party. Guitars 4 Vets provided Christmas and other music as backdrop.



Recent Events Around the Post



Pearl Harbor Day

<<< Commander Mike Cantwell (checked shirt) presented the annual Pearl Harbor Day remembrance prior to a Tutubi Live Band performance, to remind those in attendance of the attack on America, 84 years ago, which led to U.S. involvement in World War II.

"Never too late! On Christmas Eve, >>> VFW 3150 member Darrell Smith presented Army PFC Thomas Malcolm Brown's family his Purple Heart (shot in foot), Bronze Star, and Combat Infantry Badge from World War II. In the photos, Virginia Vivian Doyle and her two brothers receive their father's shadowbox with the awards PFC Brown earned at long last. All this came together thanks to Col (ret) Carl Misner and his wife Lisa (Brown's granddaughter) who spent years gathering Brown's records and circumstantial evidence after Brown's Virginia house fire and the famous 1973 defense records fire in St Louis that destroyed nearly all proof of Brown's service. Col Misner asked Smith to make the presentation.



Comedy Night

<<< One of the comedians poses before a standing room only crowd during a recent Band of Vets Comedy Night at the Post Home.

VFW 3150

February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Zoom Yoga, 10 a	2	3 Reflex Improve Comedy Class, 8 pm	4	5	6	7 Guitars 4 Vets, 9 am Band of Vets Comedy, 7 p
8 Zoom Yoga, 10 a Awards Ceremony 4 pm NFL Championship game: open 6 p	9 House Committee / Post O Call 7 pm	10 Reflex Improve Comedy Class, 8 pm	11 MVAC 5:30 pm GRIST mtg, 7 p	12	13 Trivia Night, 7:30 pm	14 VALENTINE'S DAY Guitars 4 Vets, 9 am Tutubi Band, 7 pm
15 Zoom Yoga, 10 a	16 PRESIDENTS DAY Post Mig 7:30 pm	17 Auxiliary 3150 91 st Birthday and Auxiliary Meeting 7 pm	18	19	20	21 Guitars 4 Vets, 9 am Reflex Battle Royal Show,
22 Zoom Yoga, 10 a	23	24 Reflex Improve Comedy Class, 8 pm	25	26	27 Reflex Improv Comedy Show, 7 pm	28 Guitars 4 Vets, 9 am Open Mic Night w/ Nick and Tutubi, 7 pm

3 March: Deadline Scout of the Year Nominations

VFW3150.org or email to ***adjpost3150@vfwva.org*** for info



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
February 2026



Presidents' Day

16 February 2026