

The John Lyon Gazette

Volume 32 Number 8

March 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 was discontinued in 2024.



How did we get Big George (our cannon) ?

“Past Commanders J.T. Vance (1948-49) and Buddy Speakman (1949-50) went to Aberdeen Proving Ground about 1950 --- when they were releasing military surplus to veteran organizations --- and towed it back to the Post. The plate on it identifies its origin: “Rock Island Arsenal 1944”. In September 1986, the Post announced a “Name the Cannon Contest”. A 1993 photo shows it with the inscription “Big George” on the gun barrel. Past Commander John H.H. “Jack” Turner (1979-80), the longtime painter of the sign by the front door, reported that he had painted the inscription “Big George” and said it was named after Past Post

(1947-48) and Department (1954-55) Commander George Dalby, once called “Mr VFW” within the entire state organization. Several years ago, 3150 member George Malleck, who taught at the U.S. Army Field Artillery School, wrote the Post: “The weapon is the M5 antitank gun mounted on the M1 chassis. It was based on an older 1918 weapon. During WWII, a half track usually pulled it.” Malleck added that “For those members who guessed it was a 75mm gun, they were close. 3” is 76.2mm.”! (From John Lyon Post- the First 25 Years Vol 1) (Photo from January 2026 storm by Jim Bertine)

From the Commander...

In this month's Commander's Note, I will reiterate my plea for Post members to volunteer 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, clearing snow and ice from the sidewalks, making minor repairs, 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. If you are interested in serving as an officer, please contact one of the officers or you can self-nominate yourself for a position.

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 moments 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 your fellow veterans and the Post.

Your Comrade,
Mike Cantwell,
Commander, VFW Post 3150

* * * *

Welcome to Our New Members

Welcome to new Post members Brendan Byrne (USMC – Iraq / Korea Defense)(Life)*Gregory Doty (Army – Iraq / GWOTEM)(transfer)*, both elected at the February meeting. Post membership cards for those with completed applications (*) should be in the mail.

Marching Off...

Ronold R Shaffer, 80, Centerville, reported by national, not confirmed.



Cathy Kerns Deal, on / or about 15 February. She was Past President of Auxiliary 3150 and also of VFW Tenth District where she was named a State Outstanding District President for 2003-2004.

Lucy Duff Leuthard, 84, 5 Apr 2018, The Villages, Fl. Auxiliary Member, Buried in Florida National Cemetery. Married to Post member , the late Jerry Leuthard.

Music & Comedy Nights at Post 3150

Tutubi Evolution Band, 14 Mar, 7:30 p.

Reflex Battle Royale Comedy Show, 27 Mar, 7 p

Band of Vets Comedy Show, 28 Mar, 8 pm

Acts play for tips and appreciate your generosity



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.

Tenth District Meeting, 14 March

The Tenth District Meeting will be held on Saturday, 14 March, at Dale City Post 1503, 14631 Minnieville Road, Dale City) at 10 am. All VFW and Auxiliary members are invited to attend this meeting. District awards are expected for VoD, Patriots Pen, and Teacher of the Year winners, possibly others.

Artist Deadlines

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



VFW Auxiliary's **Young American Creative Patriotic Art Contest:** grades 9 - 12. And **Illustrating America**, grades K - 8. Deadline is March 31, 2026. Go to <http://www.vfwauxiliary.org>, then Scholarships, then Young American Creative Patriotic Art Brochure or Illustrating America. Follow above link to see Creative Patriotic Art winners since 1979, including last year.

Join us on Facebook to get the latest Post info:

John Lyon VFW Post 3150

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.

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.

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), house committee (Post Home). 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.



**Longer Days,
March Winds.
Watch out for
children playing
outdoors.**

Tax Scams

It's income tax time again and the scammers are trying to get the rest of our money. The government does NOT do business via the phone or email. Do NOT respond to phone or email requests for your bank account, social security number and other similar info. And your SSN will never be suspended! So, any calls saying that are a scam. And the IRS will never send you an email; those are also scams.

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 March at 7:30 pm.

Have You Moved? New Email?

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

Washington Conference

VFW's Washington Conference will be held 1 – 5 March. Watch VFW National Commander Carol Whitmore's testimony before a special joint hearing of the House and Senate Committees on Veterans' Affairs, live March 3, 2026 at 10:00 a.m. EST. For info, go to <https://vfw.org/media-and-events/2026-vfw-washington-conference>.



Vietnam War Veterans Day

Vietnam War Veterans Day is 29 March, the date when the last combat troops left Vietnam. Ceremonies will be held at the Vietnam War Memorial that day. Post 3150 will also hold short ceremony on 28 March at 7 pm, before the Comedy Show begins.

Bring Your Membership Card

Members of the Post and the Auxiliaries are reminded to show their membership cards to the on-duty manager when entering the Post home.

Digital membership Card

To receive a digital Card, go to VFW.org, and logon. At the top of My VFW, in the upper right corner, you will find a place to request a digital card for your mobile phone.

Memberships Set to Expire

Please check your membership card for your expiration date and renew if necessary. You can renew early without affecting your current 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.

Awards Day: Youth Essay, JROTC, and First Responder Winners



Lucy Perryman– Patriot’s Pen 2nd Place



Elizabeth Gray – Voice of Democracy 1st Place



Mila Sekoric - Patriot’s Pen 1st Place



Paul Heredia - JROTC Cadet of Year



ACSO Corporal Stephanie Farris– Sheriff Officer of the Year

Awards were presented by Commander Mike Cantweell. Ceremony was emceed by Nancy Springer.

Recent Events Around the Post



Trivia Night

<<< Post members and friends gathered for the February Trivia Night at the Post. The event was hosted by Commander Mike Cantwell who joined the players for the photo.

Hash House Harriers

Some of the Hash House Harriers >>> gathered in the Post backyard while one worked on his skis after a recent storm. A group of Hashers worked their way through Arlington by foot or skis during the day, then gathered in a celebration at the Post in the evening.



Reflex Improv Comedy Show

<<< Members of the Reflex Improv Comedy Show perform a sketch from the show on a recent February night. The troop which includes several Post 3150 members has been training people in improvisation and then performing in shows at the Post for over a year.



VFW 3150

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Zoom Yoga, 10 a Washington Conference	2 Washington Conference	3 Washington Conference	4 Washington Conference	5 Washington Conference	6	7 Guitars 4 Vets, 9 am Bar-B-Q Competition 3 pm
8 Zoom Yoga, 10 a	9 House Committee / Post O Call 7 pm	10	11 MVAC 5:30 pm GRIST mtg, 7 p	12	13 Trivia Night, 7:30 pm	14 Tenth District Meeting, Post 1503, 10am G4Vs, 9 am Post workday, 3 – 6 pm Tutubi Band, 7 pm
15 Zoom Yoga, 10 a	16 Post Mig 7:30 pm	17 Auxiliary Meeting 7:30 p	18	19	20	21 Guitars 4 Vets, 9 am
22 Zom Yoga, 10 a	23	24	25	26	27 Reflex Improv Comedy Show, 7 pm	28 Guitars 4 Vets, 9 am Vietnam Vets, 7 pm Band of Vets Comedy, 8 p
29 Zoom Yoga, 10 a	30	31				

1 March: Deadline Scout of the Year Nominations



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

March 2026

VFW National Home for Children: 101 Years Old

The VFW National Home for Children recently celebrated its 101st birthday. The home offers a once in a lifetime opportunity for honorably discharged veterans, active duty military, or descendants of a VFW/Auxiliary member. After being accepted into their program, families can accomplish significant life goals by receiving the following support:

- Case management services to help set up family plans and goals.
- Educational, recreational, and enrichment opportunities.
- Community resources and counseling.
- Free housing and daycare.

If you meet a veteran family in need, please encourage them to call the Military & Veteran Family Helpline at 800-313-4200 or visit <https://www.vfwnationalhome.org>. The friendly staff at the National Home for Children will help determine if this program is right for them and their family.

You can help connect families in your community to this ONCE in a lifetime opportunity!

The VFW National Home is located on a campus at Eaton Rapids, Michigan. Learn more at <https://www.vfwnationalhome.org>

