

The John Lyon Gazette

Volume 32 Number 9

April 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.

VFW Post 3150 in 2026

Iraqi Freedom vets largest group

This issue makes the twenty-fifth annual look at the makeup of John Lyon Post. This year's tally of Post 3150's membership shows that, overall, we are still well represented across the board. Taken separately, Iraqi Freedom is in first place, Afghanistan vets in second, GWOTEM vets third, and Persian Gulf / Desert Storm and Vietnam fourth and fifth, . If Afghanistan and GWOTEM are counted together, they go to first. Considering the relative size of the different branches of the services, we are fairly well represented there, too, with Army being the largest group by far. To keep our tallies comparable from year to year, those were counted who were on the membership roster last July 1st plus new members who have joined since and completed all their paperwork. Some members were in more than one service or had multiple deployments and are counted for each, so the numbers don't add up exactly. Current paid memberships total 697. The results show that we were in

World War II	2	Army	467
Post War Occupation	15	Navy	161
Korean War	7	USMC	154
Korea Service	136	USAF/USSF	135
Vietnam / Southeast Asia	141	USCG	9
Lebanon / Beirut	11		
Grenada / El Salvador / Panama	11	Includes 118 women:	
Persian Gulf / Desert Storm	155	Post War Occupation	3
Haiti	34	Korea Service	20
Somalia / Horn of Africa / Chad	11	Persian Gulf / Desert Storm	16
Bosnia / Kosovo	61	Bosnia / Kosovo	10
Afghanistan	259	Iraq	50
GWOTEM	180	Afghanistan / GWOTEM	59
Iraq	346	Other Expeditionary	11
Other Expeditionary	96		
CIB / CAR / SSBN, etc.	76		

From the Commander...

As we begin to feel and see the first hints of Spring, I am happy to report some good news. At the March Post General Membership meeting we inducted three new members and had a record number of attendees. We also had a few members self-nominate for Post officer positions. The nominating period is still open, so if you are interested in serving the Post as an officer, please reach out to me or one of the current officers so we can have a conversation. Elections for Post officers will be held at the Post General Membership Meeting on Monday, 20 April at 7:30. Members can vote in person or virtually. Let's strive for a record turn-out at the April Post meeting.

Post members continue to step up to help the Post meet its mission. Members are organizing and executing events like Trivia Night, Improv Comedy Night, and Stand-up Comedy Night. They are bartending, making minor repairs, taking out the trash and recycling bins, visiting veterans at the VA hospital, coordinating Hall rentals, participating in Post, District, and Department of Virginia meetings and events, fundraising, creating the monthly newsletter, recruiting new members, paying bills, preparing reports, and maintaining records. Some members are just showing up on a Friday or Saturday night and engaging with their fellow veterans.

As we move into late Spring, we will need your help more than ever. Stay tuned for information about the Day of Service, Buddy Poppy fundraising, Memorial Day weekend events (grave decorations, wreath laying, Post Open House). These events require dozens of volunteer hours. We need leaders and other volunteers to make these events successful. Think of what you can do to help and sign up. 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 Nicholas Allen (Army – Iraq / Afghanistan)(Life)*, Robert D Dozier (USMC – Afghanistan)(Life)*, Mark Jones (Army – Iraq / Kosovo / GWOTEM)(Life)*, William McDowell (Navy – GWOTEM / AFEM)(Life)*, Joseph Keenan (Navy – GWOTEM)(transfer)*, John Roelofs (Army / USAF - GWOTEM)(transfer)*, all elected at the March meetings. Post membership cards for those with completed applications (*) should be in the mail.

Friday Night Trivia

Friday Night Trivia will be held again on the second Friday of the month for about 1-1/2hours. Next it will be on Friday, 10 April at 7:30 pm.

Post Officer Nominations

Post Nominations made at March meeting.

Commander – Fritz Gottschalk

Senior Vice – C.D. “Doc” Crouch

Junior Vice – Christian Alvarez

QM – Nancy Springer

Trustees – Jim Bertine and Mike Cantwell

Nominations remain open until April meeting when more nominations will be accepted.

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.

Join us on Facebook to get the latest Post info:

John Lyon VFW Post 3150

Marching off...



Angeline S Agresti, aged 102, December 2, 2025, Bermuda Village, NC. Auxiliary Life member and mother of Past Commander M.C. "Connie" Agresti. While pursuing her degree, at SUNY she aided the war effort helping Singer Sewing Machine, Co.

manufacture bomb sight components. After working in education for a number of years, she remained active in local sports and community organizations in Bermuda Village, North Carolina.

Music & Comedy Nights at Post 3150

Band of Vets Comedy. Saturday, 4 April, 8 pm

Tutubi Band: Saturday, 11 April, 7:30 pm.

Open Mic Night w/ Nick and Tutubi, 25 April, 7: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!

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.

Arlington Little League



Opening Day Ceremonies for Arlington Little League will take place at 1:30 pm on Sunday, 12 April, at Barcroft Park on Four Mile Run. As in many years, Post 3150 will provide a Color Guard for the ceremonies. The Post is likely the sponsor for the Major League Nationals this year. The games will proceed as scheduled when posted at <http://www.arlingtonlittleleague.org/>

If you can help with a very simple Color Guard for a short presentation of the colors, email the adjutant at adipost3150@vfwva.org. No color guard experience is necessary.

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 adipost3150@vfwva.org.

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.

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. Also notify us if you have a new email address.

New Members

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.

Post Election Rules

As approved at March 2025 Post meeting

- a. Do not allow electronic canvassing - no Facebook or email canvassing, no use of Post’s electronic platforms for canvassing or politicking
- b. Two ways to vote: after the nominations are closed at the May meeting.
 1. vote in person at the meeting
 2. Include zoom polling/email during the meeting to adjutant; individual casting the vote must be in the zoom audience.
- c. Speaking for a candidate: If a Post member wants to speak for a candidate, they may be allowed 3 minutes to speak, but they must make that request at the beginning of the Post Open Meeting in April.

Convention Time!

District Convention

The Tenth District Convention is scheduled for Sunday, 2 May at Dale City VFW Post 1503, 14631 Minnie Ville Road, Dale City, 703-670-4124. Meeting at 10:am. Both VFW and Auxiliary will meet and elect new officers. Post member Nancy Springer is expected to be elected District Commander at this meeting.

State Convention

The Department of Virginia’s state convention will be held 27 – 30 May 2026 at the Hotel Madison Shenandoah Valley Conference Center, 710 S. Main Street, Harrisonburg, VA: phone 540-564-0200. Room Rates are \$99 per night. Reserve by 5 pm 26 April.

National Convention

The 127th National Convention is scheduled for Reno NV from 25 – 29 July. Special Room rates will be available. For info or to reserve, go to <https://www.vfw.org> and look for National Convention.

Corporate Meeting

The short annual meeting of the John Lyon Corporation will be held in connection with the Post meeting on Monday, 20 April. Corporation officers will be elected to match Post officers.

**VFW Post Elections &
Corporate Meeting
Mon, 20 Apr 26
7:30 pm**

**VFW Auxiliary Elections
Tues, 21 Apr 25
7:30 pm**



**Warmer Spring Days.
Watch out for children
playing outdoors.**

Digital membership Card

To receive a digital Card, go to VFW.org, and log on 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.

If your VFW membership has expired, you can rejoin by simply renewing as above.



**Happy Easter and
Best Wishes for your
Observance of Passover**

MVAC of Arlington

The Arlington County Military and Veterans Affairs Committee has been established to:

1. Support and strengthen the relationship between local active duty and civilian military commands, the local veterans community, Arlington County government, County residents and the local business community.
2. Coordinate and utilize Arlington County Government and Community resources in support of the local military community in carrying out their missions.
3. Develop, implement and maintain initiatives and programs that provide the Arlington community with an opportunity to recognize and honor the service to our country provided by our military members and their families, including, but not limited to Memorial Day and Veterans Day.
4. Work with the USS Arlington Community Alliance to serve as the County Liaison with the USS Arlington and her crew; and
5. Serve as the chief County Liaison for the Vietnam War Commemoration.

The MVAC meets on the 2nd Wednesday of every month from 5:30 to 7:00 PM. All meetings of the Committee are open to the public. MVAC meetings are usually held virtually or in Room 311 of the Bozman Government Center (2100 Clarendon Blvd., Arlington, VA 22201) but can move to another location as determined by the committee.

For more info, go to <https://www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/Military-and-Veterans-Affairs-Committee>

VFW First Woman Commander Makes History Delivering Legislative Priorities to Congress

(Excerpted from VFW Press Release, 3 March 2026)

‘Caring for service members and veterans is not an abstract policy issue for me ... it is personal’

WASHINGTON (March 3, 2026) – In a standing-room-only chamber at the Dirksen Senate Office Building, Veterans of Foreign Wars (VFW) National Commander Carol Whitmore delivered forceful testimony Tuesday before a special joint hearing of the United States Senate and House Committees on Veterans' Affairs.

The chamber was filled wall-to-wall with VFW and VFW Auxiliary members proudly wearing their caps, a visible show of unity behind their commander-in-chief, the first woman veteran to lead the VFW in its 126-year history. An overflow room for watching the hearing was also filled to capacity with VFW and Auxiliary members who traveled from across the country and around the world from all 52 departments of the organization. VFW national staff and members who joined Whitmore on the dais were Assistant Adjutant General and Washington Office Executive Director Ryan Gallucci, National Legislative Service Director Kristina Keenan, National Veterans Service Director Michael Figlioli, and National Legislative Committee Chairman Jason Johns.

Fellow Iowan, VFW member, and close personal friend, U.S. Sen. Joni Ernst introduced Whitmore to the members of the joint committee in attendance. Before addressing policy, Whitmore paused to recognize service members currently deployed. “Before I begin, I would like to take a moment to acknowledge Operation Epic Fury also and give our thoughts and prayers to those who gave the ultimate sacrifice,” Whitmore said. “And those who are in harm’s way, like the VFW Claims Representative Rosa Valdez currently serving in Kuwait.”

Whitmore’s message to Congress was clear and unwavering: Honor the Contract. She framed her testimony around a single principle. “When Americans raise their right hand and volunteer to serve, this nation makes a solemn promise: if they are wounded, become ill or die in service, America will care for them and their families,” Whitmore said. “That promise is not charity. It is the binding contract between service members and the country they defend.” “When some suggest that veterans’ benefits are too expensive, let us be clear ... this is the cost of war,” Whitmore said. A former Army nurse, Whitmore emphasized her personal connection. “Caring for service members and veterans is not an abstract policy issue for me ... it is personal,” she said.

Whitmore praised the passage of the PACT Act but warned that implementation must match intent. “Passage alone does not fulfill the promise,” Whitmore said. She urged Congress to pass the ACCESS Act of 2025, Innovative Therapies Centers of Excellence Act, TAP Promotion Act, the Major Richard Star Act, modernization of CHAMP-VA, Veteran Suicide Prevention Act, and urging full funding for the Defense POW/MIA Accounting Agency. “

Whitmore concluded by reminding lawmakers that the All-Volunteer Force depends on trust. “Veterans have fulfilled their obligation. Now the country must Honor the Contract,” Whitmore said. “Not partially, not eventually, not someday, but today, fully and faithfully.”

She thanked the committee leadership and expressed readiness to answer questions, leaving behind a clear message echoed by the hundreds in attendance: Honor the Contract.

Video of today’s testimony is available to watch and share [here](#).
Read Commander Whitmore’s full testimony [here](#).

First Responder Awards



Clockwise from upper left:

Senior Vice Commander Fritz Gottschalk presents Emergency Medical Technician of the Year Award to Lieutenant Daniel Hoppin (center), seen with his wife.

Gottschalk and Post adjutant J. Gary Wagner present Firefighter of Year Award to Firefighter/EMT Erica Lampe (center), with family members.

Gottschalk presents Police Law Enforcement Award to Lieutenant Kyle Anderson (left), while supervisor Captain John Feden watches,

All three designee's' nominations were forwarded to State for further competition.

(Fire photos courtesy of Arlington County Fire Department and Police photo from of Arlington County Police Department)

Recent Events Around the Post



Tenth District Honor

<<< Post 3150 Patriots Pen winner, Mila Sekaric, stands between Tenth District Commander Tom Levitt and President Ellen Carlton after being awarded third place in the District Patriot's Pen contest. Her parents are seen to the right.

Friday Night Camaraderie

Friday Nights are Camaraderie Nights! >>> Post members and friends gathered for a bit of relaxation and catching up with members like Kathleen Harrison, back from Germany, and Mr. and Mrs. Vince Fellone, back from the Middle East for a visit.



Vietnam War Veterans Day

<<< Past Commander Kick Knowles conducts a short ceremony commemorating the Vietnam War Veterans at the Post. The ceremony, including a short video, was viewed in person and on-line by members.

VFW 3150

April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 John Lyon born 2 April 1893	3	4 G4V, 9:00 am Band of Vets Comedy, 8 p.
5 EASTER SUNDAY Zoom Yoga, 10am	6	7	8 MVAC of Arlington, 5:30 pm GRIST meeting, 7:00 pm	9	10 Trivia Night, 7:30 pm	11 G4V 9 am Post Workday 3 pm Persian Gulf Ceasefire Tutubi Band 7 pm
12 Zoom Yoga, 10 am Arlington Little League Opening Day, 1:30 pm, Barcroft	13 House Committee / Post O Call, 7:00 pm,	14	15 TAX DAY	16	17	18 G4V, 9 am.
19 Zoom Yoga, 10 am	20 Post meeting 7:30 pm ELECTIONS	21 Auxiliary mtg, 7:30 pm ELECTIONS	22	23	24 -	25 G4V, 9 am – Open Mic Nite w/ Nick & Tutubi, 7 p
26 Zoom Yoga, 10 am	27	28	29	30	1 May LOYALTY DAY	2 May 10 D Mtg, 10 am RI Honor Flight w/meal, 4 pm



**Happy 133rd Birthday,
Lt John Lyon
2 April 1893 – 16 October 1918
Killed in action, World War I**



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

April 2026

Loyalty Day?



You will notice elsewhere in this newsletter that May 1st is Loyalty Day. “What is Loyalty Day?” some of our newer members may ask.

In April 1965, Post Commander Ned Allred explained in the *Northern Virginia Sun*: “The Veterans of Foreign War created Loyalty Day to counteract Communist demonstrations against our American way of life. The Reds were using May Day for special celebration of their revolutionary drive against all freedom principles. It was their number one day on which to shout hatred for our ideals and to wave their hammer and sickle flag under our noses.”

According to *History - Department of Virginia - Veterans of Foreign Wars of the United States - 1919 – 1969* (page 219): “Designed to stimulate and promote nationwide expression of Americanism and

Patriotism, May 1st was established by the National V.F.W. in 1947 as ‘Loyalty Day’; as an occasion for general observance and reaffirmation of our country’s basic concepts of Freedom. Gaining in significance and recognition yearly, it has within two decades developed into the Nation’s most outstanding observance of its character, to become declared by Congress as ‘a special day for public reaffirmation and demonstration of strong loyalty to country by all true citizens.’ Recent events in the Ukraine, the Middle East and elsewhere around the world continue to make Loyalty Day as appropriate for the Twenty-first Century as for the previous one.