

The John Lyon Gazette

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May 2026



Veterans of Foreign Wars
John Lyon Post #3150
2116 North 19th Street
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 was discontinued in 2024.



Cherrydale (John Lyon) Memorial

100 Years Old!

Cherrydale Marker with six Commanders
on Veterans Day in 2014
John Lyon's name is first on the marker.

From the John Lyon Past...

“Cherrydale Heroic Dead Remembered By Bronze Tablet...”*“Military Band Takes Part in the Exercises*

“More than 400 citizens of Arlington County yesterday stood with uncovered heads and witnessed the unveiling of the bronze marker in memory of the boys of Cherrydale who lost their lives in the world war, as the Army band from Fort Myer played the Star-Spangled Banner on the Cherrydale school grounds....”

“The services were conducted by Francis Wallis chapter, Daughters of the American Revolution, which sponsored the creation of the marker, ...”

“Representative R, Walton Moore, the principal speaker, reviewing the dark days of 1917 said ‘No greater sacrifice was ever made by the boys to whose memory the markers have been erected than when they left their homes never to return. Today the sun shines upon many markers like this one and numerous monuments that have been erected all over the country to the brave boys of America who went out to fight the greatest war in history’”

(Excerpted from Washington Post story, 26 April 1926.

From the Commander...

I started last month's Commander's message with a hint of optimism. This month's message is somewhat of a mixed bag. First the good news. Over a dozen new members have joined the Post over the last few months, and we are getting very close to our All State membership goals (but keep recruiting!). We inducted three new members at the April meeting and successfully conducted our Post elections and filled all of the Officer positions for the 2026 – 2027 VFW year. Our zoning issue with our neighbor and the county will most likely have a positive outcome. Now the not so good news. We still have a very large legal bill that we will most likely have to pay and the same 4 or 5 people are doing most of the work required to keep the Post running.

May is our busiest month. We need more members to step up to help the Post meet its mission. We need members to volunteer to help with the Honor Flight event, the Day of Service event, 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. If you are not receiving the weekly update email Fritz and let him know. Also, please follow us on Facebook (VFW Post 3150). Please stop by the Post and participate in Trivia Night, Improv Comedy Night, Open Mic Night, and Stand-up Comedy Night, or just stop by the Post and spend some time with your Comrades. We desperately need more volunteer bartenders and someone to take over Fritz's duties as Canteen Manager and Chair of the House Committee. Please take a few moments to think about what YOU can do to support VFW Post 3150.

As we move into late Spring, we will need your help more than ever. Stay tuned for information about Memorial Day events. 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

* * * *

Post Officer Elections

Post Officers elected at the April meeting.:

Commander – Fritz Gottschalk
Senior Vice – C.D. “Doc” Crouch
Junior Vice – Christian Alvarez
QM – Nancy Springer
3 Year Trustee– Mike Cantwell
2 Year Trustee – Jim Bertine
Appointments yet to be completed.

Auxiliary Officer Elections

Auxiliary Officers elected at the April meeting;

President - Jeff Mounts
SVP - Jinda Mounts
JVP - Kevin Brown
Chaplain - Gail Hoffman
Secretary / Treasurer - Cathy Graham
3 Year Trustee - Kevin Brown
2 Year Trustee - Gail Hoffman
1 Year Trustee – Jinda Mounts
Congratulations to the new officers.

Welcome to our New Members

Welcome to new Post members Joseph Bauldry (Army - Iraq / Afghanistan / Kosovo / AFEM / GWOTEM)(transfer)*, Hannah Boutot (Army – Afghanistan / Combat Medical Badge)*, Ana Diaz (Navy – Iraq / Afghanistan / GWOTEM)(return transfer of life member)*, Jonathan Newman (USAF - Iraq / Korea)(transfer)*, Broc Perkuchin (Army – AFEM / GWOTEM / Korea / CAB)(Life)*, and James Hauoli (Army – OEF)(Life), all elected at the April meeting. Post membership cards for those with completed applications (*) should be in the mail.

Marching off...

Daniel A Ohr, 79, Falls Church. Army, Vietnam Vet. Life member since at least 1997. No details available.

Join us on Facebook to get the latest Post info: John Lyon VFW Post 3150

VFW Day of Service, 16 May

The VFW Day of Service is Saturday, 16 May. The activity we are supporting is **to clean up the Clarendon War Memorial** (Washington Blvd and Wilson / Clarendon Blvds) at 9 am. We'll roll up our sleeves to show appreciation for those who gave the ultimate price to serving our country. Everyone is welcome to participate, whether you're a veteran or a supporter. Let's unite as a VFW Post to honor and support our veterans. To sign up for either event go to vfw3150.org, then appropriate entry on the Calendar.

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, 8 May at 7:30 pm.

Music & Comedy Nights at Post 3150

Tutubi Evolution Band: Saturday, 9 May, 7: 30 pm
Reflex IMPROV Comedy, Friday, 22 May, 7 pm
Open Mic Night w/ Nick, Sat, 23 May, 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!

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.

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.](#)

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.



Loyalty Day May 1st

Loyalty Day originally began as "Americanization Day" in 1921 as a counter to the Communists' May 1 celebration of the Russian Revolution. On May 1, 1930, 10,000 VFW members staged a rally at New York's Union Square to promote patriotism. Through a resolution adopted in 1949, May 1 evolved into Loyalty Day. Observances began in 1950 on April 28 and climaxed May 1 when more than five million people across the nation held rallies. In New York City, more than 100,000 people rallied for America. In 1958 Congress enacted Public Law 529 proclaiming Loyalty Day a permanent fixture on the nation's calendar.

Theme for high school and middle school essay contests

This year's Voice of Democracy theme for high school students and the Patriot's Pen middle school student contest is *"What a Veteran Taught Me About America."* Yes, both contests will again feature the same topic. The Voice of Democracy audio-essay competition is open to high school students in ninth to twelfth grades, with the national first place prize scholarship totaling \$35,000. The middle school Patriot's Pen contest is open to students in sixth through eighth grades. Nearly 55,800 students participate annually. The deadline for both contests is Oct 31.



Warmer Spring Days. Watch out for children playing outdoors.

Convention Time!

District Convention

The Tenth District Convention is scheduled for Saturday, 2 May at Dale City VFW Post 1503, 14631 Minnieville 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.

Member Information

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.

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.

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.

Early Membership Renewal

If your VFW membership will expire before 30 June, you can do the Post a **BIG Favor**, and NOT wait until the end of the membership year to renew. . You can renew early without changing your current renewal date [Visit our Post's website](#) or go to www.vfw.org and click RENEW at the top of the page.

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.

Arlington Little League



The Post sponsors the AAA Orioles this year. The schedule for the next games can be seen at the website below. John Lyon members are invited to attend games.

<http://www.arlingtonlittleleague.org/>
And then Schedules, AAA, and Orioles

Popcorn at the VA is back

5 May: 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 - 1pm. Meet in the Community Service room in the basement, just past the Prothesis Lab.

The Brickyard at Post 3150

Join us for a Brickyard - VFW Post 3150 co-hosted event as part of our 2026 Civic Virtue Series! The Brickyard (formerly More Perfect Union) holds events held around the D.C. area featuring a structured conversation about a particular civic virtue, from voting to volunteering. We will create space for meaningful dialogue, self-reflection, and productive disagreement about what we as Americans can do to make our collective lives better.

Come join us! Food and drinks will be provided.

We're stronger together – brick by brick.

Thursday, 14 April at 6:30 – 8:30 pm.
Contact Mike Cantwell for more information.

Wildfire Community Preparedness Day 2026

Wildfire Community Preparedness Day is a national campaign that encourages people and organizations everywhere to come together on a single day to take action to raise awareness and reduce wildfire risks.

It is held in the United States and Canada on the first Saturday in May. Prep Day is focused on what residents can do on and around their home to help protect against the threat of wildfires. For more info, go to <https://www.nfpa.org/events/wildfire-community-preparedness-day#resources-you-can-use>



Post Color Guard at Little League Opening Day

<<< Post 3150 again provided the Color Guard for Opening Day ceremonies of the Arlington Little League. The Color Guard followed the parade of players and included (l to r) Fritz Gottschalk, Mike Cantwell, and Andy Lennon. Post 3150 has provided the Color Guard for this event for more than the last 20 years

Recent Events Around the Post

Post 3150 Sponsors Little League AAA Orioles

Post 3150 sponsors the Arlington Little League AAA Orioles team this year, about the 25th year of sponsoring a team.. Here the team returns to the dugout from a defensive stand on the field. “VFW Post 3150” is clearly seen on the back of their shirts. John Lyon members are invited to attend games. See schedule info elsewhere in this newsletter.



Reflex Improve

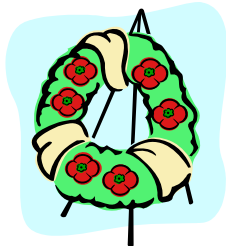
<<< Members of the winning Reflex Improv Battle Royale team JAM-K celebrate their win after the competition in April. The team included Commander Mike Cantwell (right).

Guitars 4 Vets

In an unprecedented ceremony to recognize nine veterans, the D.C. chapter had the honor of celebrating the accomplishments and witnessing the talents of this distinguished group of graduates and instructors! The sheer scale of the ceremony brought out esteemed members of our music therapy teams at Fort Belvoir and D.C. VA Medical Center.



Information pertaining to Memorial Day weekend



Buddy Poppies

The Post will again conduct a Buddy Poppy Distribution at the Commissary at Joint Base Myer-Henderson Hall on the dates of Saturday, 18 May to Friday, 23 May. If you can help out during the hours 10 am – 4 pm, please go to the Post Calendar and click on one of the date entries and select the hours you can help. All donations go to the Relief Fund which supports veterans and certain Americanism projects. (If you do not have normal access to Ft Myer, you get a day pass at the Hatfield Gate (2nd Street South and Washington Blvd.))

Wreath Ceremonies

Post 3150 members will hold ceremonies at Clarendon War Memorial, just west of the Clarendon Metro Station on Memorial Day at 11 am. John Lyon Post will follow with a ceremony at the. **“John Lyon Memorial” at 12 noon.** Also known as the Cherrydale War Memorial, it stands on the 29th Division Highway, i.e., Langston Blvd (Lee Highway) / Route 29, as it passes through Cherrydale. It is across the street from the Safeway at 3713 Lee Highway and on the grounds of the Cherrydale Healthcare Center, about a half a mile west of I-66. The Post will have an Open House following the 12 pm ceremony. A proposed complete weekend schedule can be found on the back page.

We can't do it without your help: Memorial Day Grave Decorations

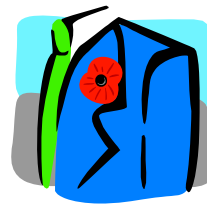
Memorial Day grave decorations will be prepared on Saturday, 9 May at 1 pm. We will put together about 250 sets.

John Lyon members and friends will place floral decorations on the graves of members and their families at three local cemeteries over Memorial Day weekend. Meet at the Post by 12 noon on Friday, 22 May to go first to National Memorial Cemetery and then Columbia Gardens Cemetery. Meet at the Post by 9 am to go to Arlington National Cemetery on Saturday, 23 May. If you have an auto permit for Arlington, please bring it with you. **Watch for developments in our Facebook page, our website, and in the Weekly email.**

Open House, New Member and New Officer Installation

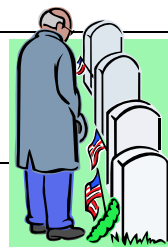
Any new member who has not been sworn in and received a membership pin can receive one during a ceremony during the Open House.

The Post may have a Memorial Day BBQ on Monday, 25 May, in the afternoon.



**HELP THE
BUDDY
POPPY
TEAM!**

VFW 3150



May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 LOYALTY DAY	2 10 District Convention, #1503, 10 am RI Honor Flight 4 pm
3 Zoom Yoga 10 am	4	5 Popcorn at VA 11:30 am Reflex Comedy Class, 6:30 pm	6	7	8 Trivia Night 7:30 pm	9 G4V, 9 am Mem Day graves prep, 1pm Workday, 3 pm Tutubi band, 7:30pm
10 MOTHERS DAY Yoga via Zoom, 10 am	11 House Committee / O Call 7 pm	12	13 MVAC 5:30 pm GRIST mtg, 7 pm	14 Brickyard-VFW 3150 Event w/ dinner, 6:30 pm	15 NAT'L-PEACE OFFCRS MEMORIAL DAY ARMED FORCES DAY -->	16 Wingman Fndatn, 7 am and ? pm G4V, 9 am. Nat'l Day of Service, 9 am Clarendon War Meml
17 Yoga via Zoom, 10 am	18 Buddy Poppy, 10 am – 4 pm Post Mtg 7:30 pm	19 Buddy Poppy, 10 am – 4 pm Auxiliary Mtg, 7:30 pm	20 Buddy Poppy, 10 am – 4 pm	21 Buddy Poppy 10 am – 4 pm	22 Buddy Poppy 10 am – 4 pm Local Cemetery Graves Dec 12 noon Reflex Cmdy Show, 7 pm	23 G4V, 9m. Arlington Natl Cem Graves Dec 9 am BuddyPoppy, 10 am– 4 pm Open Mic 7 pm
24 Buddy Poppy, 10 am – 4 pm Yoga Zoom, 10 am 31 Yoga	25 Ceremonies: Clarendon 11a John Lyon Mem 12 pm Installation. Open House Cook Out, 1pm	26 ←---- MEMORIAL DAY	27 State Convention Harrisonburg	28 State Convention Harrisonburg	29 State Convention Harrisonburg	30 G4V, 9m. State Convention Harrisonburg



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

May 2026

VFW Post 3150

Mon – Sun, 18 –24 May: Buddy Poppy Drive at Ft Myer (various times)

Memorial Day Weekend Schedule 22 - 25 May

Fri: 12 pm: Meet at Post for National Memorial and Columbia Gardens Cemetery graves decoration.

Sat: 9 am: Meet at Post for Arlington National Cemetery graves decoration.

Mon: 11 am: Clarendon War Memorial

12 pm: “John Lyon Memorial”, Cherrydale

1 – 5 pm: Open House, Installation, Cook out