

# The John Lyon Gazette

Volume 32 Number 11

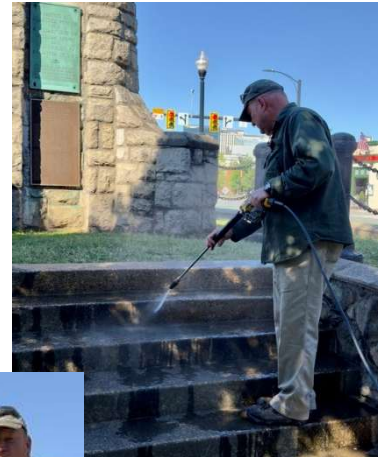
June 2026



**Veterans of Foreign Wars**  
**John Lyon Post #3150**  
**2116 North 19<sup>th</sup> 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 Day of Service: Clarendon Memorial

Several years ago, the VFW instituted a Day of Service in May to highlight the community service VFW posts do for their communities. Eight John Lyon members went to Arlington's Clarendon War Memorial, in connection with the Arlington County Parks Department, to clean the memorial grounds and repaint the artillery pieces and other metal objects at the site. Among those helping in the project were (l to r) Dan and Sarah Santoro, Fritz Gottschalk, Jim Bertine, Nancy Springer, Mike Cantwell, Nick Knowles, and Ted Edwards.

## *From the Commander...*

Well, that's a wrap. I've completed my one-year term as the Commander of VFW Post 3150.

It has been a tumultuous year. Lots of ups and downs, but I am glad to report that we are finishing the VFW year on a high note. We've welcomed over a dozen new members, surpassed our 101% membership goal, and met all the requirements for All State and All American. A huge shout out to Fritz Gottschalk, J. Gary Wagner, Jim Bertine and many others for getting us over the finish line. As we say in the Navy, Bravo Zulu!

The Post excelled again during the month of May; our busiest month. On May 4<sup>th</sup>, we hosted the Rhode Island Honor Flight with WWII, Korean War, and Vietnam War veterans and their Guardians. A huge shoutout to Jinda, Fritz, and many others for making the event a huge success. On May 14<sup>th</sup>, we co-hosted a dinner with The Brickyard and had a facilitated discussion about Civic Virtue. We talked about running for elected office, serving as an elections officer, and voting. We also continued to help veterans in need through our participation in the Soldiers Angels Food Pantry and Popcorn Day at VA. The month culminated with preparing artificial flower bouquets for Memorial Day grave decorations, cleaning the Clarendon War Memorial as part of our VFW Day of Service, executing our Buddy Poppy fundraising drive (we collected over \$2500 in donations), decorating 300 graves of our departed VFW members interned at Arlington National Cemetery, Columbia Gardens Cemetery and National Memorial Park, hosting a wreath laying ceremony at the Clarendon War and Cherryvale Memorials, hosting an Open House at the Post, and installing our new officers for the 2026 – 2027 VFW year. A heartfelt thank you to everyone who helped with these events and the members who stepped up to serve as officers for the upcoming year.

Our zoning issue with our neighbor and the county is in the home stretch and will most likely have a positive outcome. We have a large legal bill with our law firm (Walsh, Colucci, Lubeley & Walsh), but they will most likely wave about two-thirds of the bill.

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 in the coming year.

Your Comrade, Mike Cantwell

\* \* \* \*

## **Welcome to our New Members**

Welcome to new Post members Leo T Danaher (USCG – Perian Gulf / GWOTEM)(transfer)\*, Charles Del Pizzo (USMC – Kuwait / Iraq / Afghanistan / GWOTEM)\*, Joseph Gavin (Army – Iraq)\*, Mary O'Brien (USAF – (Kosovo / Afghanistan / Korea / USAF Exped Medal)(transfer)\*, and Michael Prosser (USMC – Iraq / Afghanistan / GWOTEM Bosnia)\*, all elected at the May meeting. Post membership cards for those with completed applications (\*) should be in the mail.

## **Tenth District Elections of Note**

From elections at the recent Tenth District convention in May:

Commander: **Nancy Springer (3150)**

President: Ellen Carlton (Aux 1503)

Treasurer: **Cathy Graham (Aux 3150)**

## **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, 12 June at 7:30 pm.

## Memorial Day

John Lyon Post started the long rainy weekend by decorating graves of members and their families at two local cemeteries and Arlington National Cemetery. The holiday was started with a wreath-laying ceremony at the Arlington Clarendon Memorial. Special guests attending included Representative from Congressman Beyer's office, Richard Cerro, Arlington County Board members Susan Cunningham, Takis Karantonis, and J.D. Spain Sr (also a Post 3150 Life member), Stephan Murphy, Director of the Military and Veterans Resource Center at Georgetown University. and Jessica Kaplan, Arlington Historical Society Preident. The following ceremonies at the Cherrydale were also joined by Cunningham and Spain. The day continued with instllation of new officers of the Post, and Open House featuring burgers and dogs and visits from Post members and friends. See photos on page 8.

## Army 251<sup>st</sup> Birthday / Flag Day

Post 3150 will celebrate Flag Day and the Army's 251<sup>st</sup> birthday at 6:45 pm, with a short ceremony and cake cutting.



## 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.  
Fridays from 6-10 pm  
Saturdays 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](http://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](mailto: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 **AND** Auxiliary) will continue **for members** desiring to do so. Go to the Post Calendar on the Post webpage. ([www.vfw3150.org](http://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.



**Happy Father's Day to all our fathers and husbands! Wherever you are, you are close to our hearts.**

## Music & Comedy Nights at Post 3150

**Tutubi Band:** Saturday, 13 June, 7 pm.  
**Open Mic Night w/ Nick & Tutubi,** 27 June, 7pm  
Acts play for tips and appreciate your generosity.

## Popcorn at the VA is back

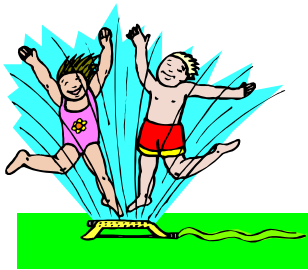
2 June: Help pop up, bag and distribute bags of popcorn to residents and visitors at the VA Hospital at the DC VA Hospital, 50 Irving Street, Northwest Washington from 11:30 am – 1 pm. Please meet at the CDCE office (basement level, end of the 1 O'clock hallway from the main elevator, just past the lab and prosthetic shop) at 11:30 AM.

This monthly event gives us a chance to show our thanks to our fellow Veterans and brighten up someone's day with a small token of appreciation.

## National Convention

The 127<sup>th</sup> 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.

If you plan to attend the National Conventions let the Adjutant ([adjpost3150@vfwva.org](mailto:adjpost3150@vfwva.org)) know so that we can get you registered for the convention.



**Drive safe:  
Summer means  
longer days  
outside.**

## 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. For info, go to [VFW.org](http://VFW.org) and click on **Community**, then **Youth and Education**, then desired contest.

## REFLEX Improv Classes

Post 3150 continues to host REFLEX Improv classes at 6:30 pm on most Tuesday evenings. Check the Post calendar for dates or contact Mike Cantwell via the calendar.

## Volunteer at DC VA Hospital

**2 June:** 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 CDCE room in the basement, just past the Prothesis Lab.

**9 June:** 9 am, Monthly Food Pantry event at the DC VA Hospital parking lot in front of the research center. Volunteer opportunity for Post members.

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

## **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.

### **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](mailto:adjpost3150@vfwva.org). Also notify us if you have a new email address.

### **Bring Your Membership Card**

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

### **Digital membership Card**

Post members, to receive a digital VFW membership Card, go to [VFW.org](http://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](http://www.vfw3150.org), then click on BECOME A MEMBER, then RENEW or go to [www.vfw.org](http://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.**

## Recent Events Around the Post

### Springer Elected 10<sup>th</sup> Dist CDR

Officers of the VFW Tenth District in >>>> Virginia were recently elected and installed. New Commander Nancy Springer is installed by VFW Washington Office Director Ryan Gallucci (left). Both are members of Post 3150. Outgoing Commander Tom Levitt looks on from the right.



### Rhode Island Honor Flight

<<<< Fritz Gottschalk, Mike Cantwell, and Cathy Graham serve food plates to veterans from Rhode Island at a recent Honor Flight visit. About ten John Lyon members welcomed and fed the 50 veterans dinner at the Post.

### Brickyard at Post 3150

Post 3150 co-hosted another event with >>>> The Brickyard (formerly +More Perfect Union). Post members joined with members of the community and participated in a structured conversation about Civic Virtues. This conversation focused on political engagement, running for office, and voting.



## Recent Events Around the Post



### Buddy Poppy Drive

(l to r) Jim Bertine, Jinda Mounts, J. Gary Wagner, and Mike Cantwell distribute Buddy Poppies in the week prior to Memorial Day. Additional volunteers included Dan Davis, Fritz Gottschalk, and Nancy Springer. The Buddy Poppy drive resulted in over \$2,500 for the Post Relief Fund over the week.

### JROTC at Arlington CC

Senior Vice Commander Fritz Gottschalk presents the VFW Medal for JROTC cadets to Cadet Mia Muniz Diaz at the Arlington Career Center. The recipient is a member of one of the very few Space Force JROTC programs the country.



### Post Officer Installation

<<< Fritz Gottschalk (right) is installed as new Commander of Post 3150 during recent installation ceremonies conducted by Past Commander Nick Knowles. Seen behind him in the “vee” are new Quartermaster Nancy Springer and new Trustee Jim Bertine. The Auxiliary conducted installation ceremonies at a recent meeting.



# VFW 3150

## June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Popcorn at VA , 11 :30 am  REFLEX Improv class, 6:30 pm	3	4	5	6  D-Day Anniversary  G4V, 9 am
7  Zoom Yoga, 10 a	8  Officers Call / House Committee, 7 pm	9  VA Hospital Food Pantry, 9 am  REFLEX Improv class, 6:30 pm	10  MVAC, 5:30 p  GRIST meeting, 7 pm	11	12  Trivia Night, 7:30 pm	13 G4V, 9 am  Post Workday, 3 pm  Flag Day / Army Birthday, 6:45pm  Tutubi Band, 7:30 p
14  FLAG DAY  Zoom Yoga, 10 a	15  Post Meeting, 7:30 pm	16  Aux Meeting, 7:30 pm	17	18	19	20  G4V, 9 am
21  FATHER'S DAY  Zoom Yoga, 10 a	22	23  REFLEX Improv class, 6:30 pm	24	25	26	27  G4V, 9 am  Open Mic Nite w/ Nick and Tutubi, 7 pm
28  Zoom Yoga, 10a	29	30  REFLEX Improv class, 6:30 pm				

Tentative in July: Independence Day Bell Ringing and Cookout

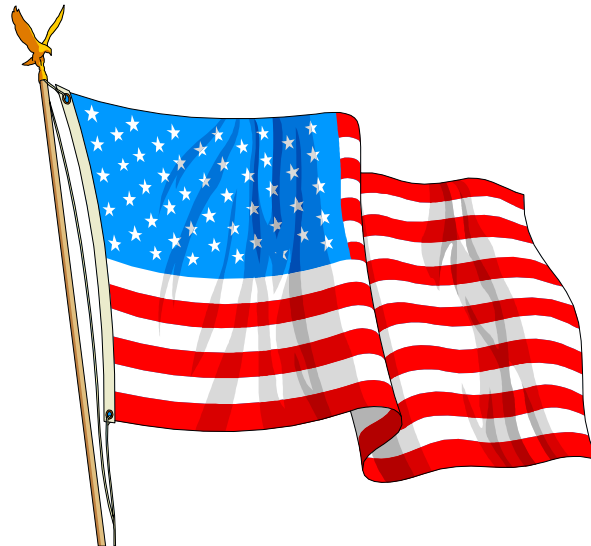
[www.vfw3150.org](http://www.vfw3150.org), or 703-525-0108 (when open) for information



**JOHN LYON POST # 3150**  
**“All American Post”**  
**Veterans of Foreign Wars**  
**2116 North 19<sup>th</sup> Street**  
**Arlington, Virginia 22201-3514**

**Dated Material: Please Do Not Delay**

June 2026



## **Flag Day, Observed 13 June 2026**

**Flag Act of 1777:** June 14, 1777, the Continental Congress passed the first Flag Act. It read: “Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation.”

Act of April 4, 1818, provided for thirteen stripes --- representing the thirteen original colonies, and one star for each state, to be added to the flag on the Fourth of July following the admission of each new state. Signed by President Monroe.

**In 1916,** President Woodrow Wilson announced during his Memorial Day address, that June 14<sup>th</sup> of each year would be celebrated as Flag Day.