The John Lyon Gazette

Volume 33 Number 1 July 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.

Happy Birthday, America!

Post 3150 will celebrate the U.S. Birthday on 4 July, beginning at 2 pm with a reading of the Declaration of Independence and ceremonial bell ringing to mark the official holiday. A cookout featuring burgers and dogs will proceed about 3 pm and go till about 4:30. The Post will provide the burgers and dogs, buns, burger cheese, and chips. Attendees are asked to bring a side dish or dessert (for 8 people). Attendees will have time to get to their fireworks-watching spot afterwards. Volunteers to help, especially with cleanup welcome.

From the Commander…

First of all, I would like to thank you all for electing me, I am excited to take the Post Commander Mission.

I would like to thank my predecessor Mike Cantwell for his hard work as the Post maneuvered through some very difficult times as we worked to re-establish the Post's leadership and deal with our neighbor. Even with those challenges, Mike and his team helped the Post to earn All-American and All-State awards as well as handle a huge slate of ceremonies, events, legislative events as well as District and Department events.

My goal for the upcoming year is simple: Increase participation at the Post. I firmly believe that through that we will handle the routine membership and financial problems that come up and keep the Post on a firm ground.

The Post and our leadership team will spend a lot of time working to fill the empty slots in our committees and traditional leaders, as well as develop a bench of knowledgeable members that have a good understanding of what the Post and VFW are all about.

Along the way, I plan on working with the leadership and members to focus on three of the pillars of the VFW: Service, Remembrance and Camaraderie.

At the July meeting, we will propose a roadmap for 2026 and 2027. We would love your input to it. I have found that the smartest members of the Post are the members of the Post. We all have good ideas, your job is to present them (and volunteer to help out), our job is to figure out how to make them work.

To paraphrase the motto of the 29th Infantry Division: 3150, Let's Go!

Fritz Gottschalk Post Commander

Welcome to our New Members

Welcome to new Post members Adam Dunigan (USMC – Afghanistan)(Life)*, Robert Mook (Navy / GWOTEM / Afghanistan)*, Theodore Stanton (USMC – GWOTEM Iraq / CAR)*, and Peter Hickman (USAF – Iraq / GWOTEM / AF Exped w/gold) (transfer)*, all elected at the June meeting. Post membership cards for those with completed applications (*) may be delayed with national end of membership year processing).

Music & Comedy Nights at Post 3150

Tutubi Band: Saturday, 11 July, 7:30 pm.
Open Mic Nite w/ Nick & Tutubi, 25 July, 7 pm.
Acts play for tips and appreciate your generosity

Hours for Post Canteen

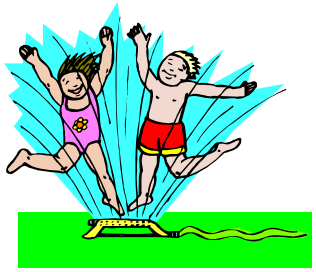
The Post Canteen scheduled hours as follows.
Fridays from 6-10 pm
Saturdays from 6-10 pm
Post may extend hours for various events.

Schedule Updates

For the frequently updated openings, hours, and events, go to ***www.vfw3150.org*** 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***.

Trivia Night

Trivia Night is on the second Friday of the month, 10 July, at 7:30 pm at Post 3150.



Drive safely: Summer means longer days for kids outside.

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)*** Click on the meeting you want to attend.

YOGA LEGION

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 and be anonymous!

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.

No Auxiliary Meeting in July

As all top three officers of the Auxiliary will be out of town on its normal meeting night, the Auxiliary voted to cancel its July meeting.

National Convention

The 127^{6h} National Convention is scheduled for Reno NV from 25 – 29 July. Special Room rateswill 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 Convntions let the Adjutant ***(adjpost3150@vfwva.org)*** know so that we can get you registered for the convention.

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. The deadline for both contests is Oct 31. For info, go to ***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 7 pm on Tuesday eveneings. Check the Post calndar for dates or contact Mike Cantwell via the calendar.

Volunteer at DC VA Hospital

7 July.11:30 am – 1 pm**:** Help distribute bags of popcorn to residents and visitors at the DC VA Hospital, 50 Irving Street, Washington NW. Meet in the CDCE room in the basement, just past the Prothesis Lab.

16 July, 10 am, VA Hospital Homeless Vets Cookout, Chevy Chase, MD.

Locker Fee Due on 1 July

Members who have a locker at the Post are reminded that the $40 rental fee is due on 1 July. You can also rent a locker for six months for $20. Those not renewing their rental should empty the locker and return the key.

Cook out?

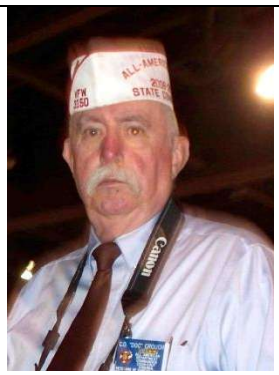
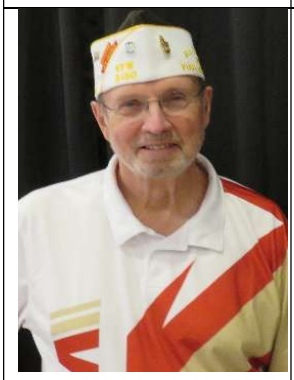
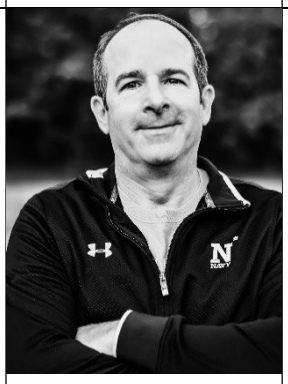
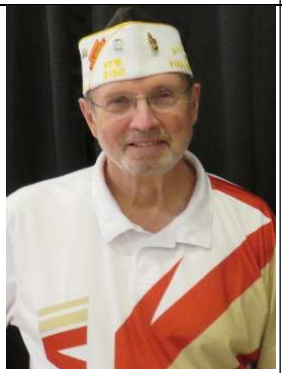
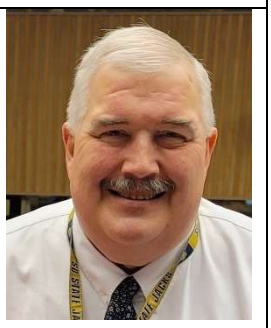
AAA reports that nearly 9,000 home fires are started yearly by careless barbecuing / grilling practices. Place the grill away from the house and other wooden objects. Be safe when grilling!

Korean War Veterans Armistice Day

Korean War Veterans Armistice Dayi is Monday, 27 July. The ceremonies at the Korean War Memorial have not yet been announced. Plans for a Post remembrance will be announced in upcoming Weekly Email, on the Post website, and Facebook page.

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

Post Officers 2026 - 2027…

				
Fritz Gottschalk Commander US Army Iraq / Afghanistan	C.D. “Doc” Crouch Senior Vice Cmdr US Navy Vietnam	Christian Alvarez Junior Vice Cmdr US Army Iraq	Nancy Springer Quartermaster US Marine Corps Iraq / Afghanistan Desert Storm/Korea	Chris Gaffney Chaplain US Marine Corps Iraq
				
James Bertine Advocate US Navy Vietnam	Anita Fligge Surgeon US Air Force Afghanistan AF Exp/GWOTEM	Mike Cantwell 3 Year Trustee US Navy Persian Gulf	James Bertine 2 Year Trustee US Navy Vietnam	Walter Sweeney 1 Year Trustee US Marine Corps Afghanistan.
				
	Fritz Gottschalk House Comm. US Army Iraq / Afghanistan	Pascale Pierre Benefits Coord. US Army Iraq / Korea	J.Gary Wagner Adjutant US Air Force Korea	Jeffrey Mounts President VFW Auxiliary

.

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.*** Post and Auxiliary, 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,*** 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.

If your VFW membership has expired, you can rejoin by simply renewing as above. You will likely get a new renewal date.

VFW State Convention

(Descending from top. l to r) Attending the Convention from John Lyon Post: Five Past Post Commanders, M.C. “Connie” Agresti, J.Gary Wagner, Mike Cantwell, Nancy Springer, and Jim Bertine attend Commanders Club lunch; Cathy Graham was reelected Auxiliary State Treasurer; Post Auxiliary President Jeffrey Mounts and Jinda Mounts; Nancy Springer (second from right) is sworn in as a State Council member. Directly above, State Officers were dispersed for the Commanders Reception. State Chaplain Robert Ruffolo, Post 12218 (red shirt), joined the Post 3150 table. Doc Crouch also attended convention.

Recent Events Around the Post

Wingman Foundation

After a full day of rucking, members of >>> The Wingman Foundation relax at Post 3150. The foundation is "deciated to providing immediate post-mishap support for Navy and Marine Corps aviation community and their families". This is the fourth or fifth year the Wingmen have met at Post 3150.

Guitars for Vets Grads

<<< Post 3150 member and instructor Nick Knowles presents graduation certificates and new guitars to recent G4V students, Daniel Mangrum (left) and Rosetta Pride, for completing the G4V Instruction program . G4V meets at the Post every Saturday to instruct students working through PTSD.

Post Sponsored Little Leaguers

The Post 3150 sponsored AAA Orioles >>> surged in the payoff round robin games and secured the top seed for the final playoff games. They won the first to get to the Championship Game, which was plagued with two rain delays and finally called in five innings. They were behind 7 -1. The coaches got their team to the Championship game three years in a row. Here players head to the field in a photo-scarce rainy day.

Recent Events Around the Post

Flag Day / Army Birthday

Army vet Joe Bauldry gives a synopsis >>> of Flag Day observations, followed by an overview of Army history to celebrate the double holiday during recent ceremonies at the Post.

Tutubi Band Luau

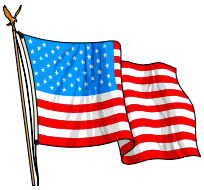
<<< The Tutubi Band presented a theme night highlighting Hawaiian and tropical music. They also included a luau potluck dinner featuring a number of tropical foods. About 25 people attended the fest and Army Birthday / Flag Day event.

From the John Lyon Past….

C.D. "Doc" Crouch was elected and installed as >>> the 83rd State Commander, VFW Department of Virginia on Sunday, 18 June 2006 during the Department Convention in Richmond, Virginia. Only two members of Post 3150 had previously served as State Commander: Austin J. Matthews in 1942-43 and George C. Dalby in 1954-55. *(Photo by Jay Schrand, Post 8241)*

VFW 3150

July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2		1	2	3	4 INDEPENDENCE DAY Bell Ring 2 pm Cook out, 3 pm
5 Zoom Yoga 10 a	6	7 Popcorn at the VA hospital, 11 am REFLEX Improv class, 7 pm	8 MVAC, 5:30 p GRIST meeting, 7 pm	9	10 Trivia Night, 7:30 pm	11 G4V, 9 am Post Workday, 3 pm Tutubi Evolution Band, 7:30 pm
12 Zoom Yoga 10 a	13 Officers Call / House Committee, 7 pm	14 REFLEX Improv class, 7 pm	15	16 VA Hospital. Homeless Vets Cookout, 10 a Brickyard Gathering,7:30	17	18 G4V, 9 am
19 Zoom Yoga 10 a	20 Post Meeting 7:30 pm	21 **NO** Aux Meeting REFLEX Improv class, 7 pm	22	23	24	25 G4V, 9 am Open Mic Nite w/ Nick and Tutubi, 7 pm Natl Convention
26 Zoom Yoga 1 0a Natl Convention	27 Korean War Vets Armistice, TBA Natl Convention	28 REFLEX Improv class, 7 pm Natl Convention	29 Natl Convention	30	31	

For info: ***www.vfw3150.org,*** or 703-525-0108 during open hours.

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
July 2026

Happy Birthday, America 250 Years! 4 July 2026

In his book, The Liberty Bell, author Gary B Nash describes the early days of our famous Liberty Bell and the first days of our Independence. The Continental Congress adopted the Declaration of Independence on July 4 and sent it to the presses. On a warm and sunny July 8, 1776, the Liberty Bell began to ring about 11 a.m. At noon, before a crowded yard at the State House, John Nixon read the Declaration to the crowd. Cheers followed the reading, followed by the clang of church bells throughout the city. The Liberty Bell gained its fame that morning.

Post 3150 will again join the national movement of celebrating by a partial reading of the Declaration and ringing the bell at 2 pm on the 4th of July. There will also be cookout in the afternoon at 3 pm.