

The John Lyon Gazette

Volume 33 Number 2

August 2026



Veterans of Foreign Wars
John Lyon Post #3150
2116 North 19th Street
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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.



Independence Day



(l to r) Nancy Springer read the Declaration of Independence, then Alexandria and Jewel Lightfoot (Post 15006) rang the bell 13 times, marking the first thirteen colonies, while Bill Hoofatt looked on during the Bell Ringing Ceremony celebrating the Nation's birthday. Joe Wagner did the grilling for the following cookout attended by about 20 people, and Mike Cantwell did the bartending. The ceremony was conducted inside because of steamy high temps.

From the Commander...

Folks, I hope everyone had a safe and happy 4th of July!

During our July meeting we covered the 2026/27 goals for the Post. I am going to use this month's column to fill you all in on them. The Post leadership worked on them in May and June and I think if we are successful we can build on what others have done before us.

First and foremost, we have to fill the bench of leaders in the Post. For the past few years we have relied on the same handful of members to fill leadership positions or lead events. We need to work on getting others in those roles so they can learn more about the VFW and the VFW can learn more about them. If you are interested in taking more of a role in your community, this is a great opportunity for that. There are several leadership positions and committee member positions available, and several events to lead. If you see something in the Post Weekly Update, Newsletter, or on our Facebook pages that sparks an interest, let us know we will be happy to include you or help you lead.

We are going to continue to work on member engagement. In the next few months you will receive a survey from the Post; please take the time to fill it out so we can get a better understanding on what we can do to earn your participation. Your feedback is important to the Post as we try to navigate the next year. We are also going to be working with a Student Veterans of America group to figure out how we can better engage the younger generation of Veterans and introduce them to what the VFW has to offer. If you see a survey or are contacted for an interview, please let us know what your thoughts are.

This year, we plan on focusing on three pillars: Remembrance, Service and Camaraderie. These are three themes I have noticed as a member and I think they are important for us to keep in mind as we discuss the business of the Post. What do these mean in the framework of our Post?

Remembrance is working to remember our comrades, fellow Veterans and military members through large ceremonies and small. Each Veterans Day and Memorial Day we lay a wreath at the Clarendon War and Cherrydale Memorials. That is important to the Post and community so we can continue to demonstrate our commitment to our comrades past, present and future. It is also shown when we note memorial days throughout the year with a short ceremony or a mention prior to an event.

Service is just that, service to our fellow Veterans, the military community in our area and to Arlington. We have several events and actions that allow us to continue to serve those that are in need. Whether it is participating in a community food pantry, passing out popcorn at the VA Hospital or helping a youth group or team to succeed, those are all actions that show the importance of the VFW to our community. Many of us are military transplants and it is important to have a community around us; it is a better community if we help it out.

This leads to camaraderie. We all share a common military bond --- we served in some of the most difficult and stressful environments imaginable and often have challenges that our civilian friends may not understand. At our Post we will try to emphasize ways to promote gathering so we can share those common challenges. Guitar 4 Vets, REFLEX Improv Comedy classes, Yoga Legion are all options for camaraderie as are service projects and enjoying our canteen and Post home.

As we go through the year, please expect an increased effort to communicate with you. You may see an increase in email traffic, improvements to the Post webpage, posts on our Facebook pages or other forms of communication. Our Post wants you to join us as you can; we feel that being a member of the VFW is important, and we want our members to share in the growth of our Post.

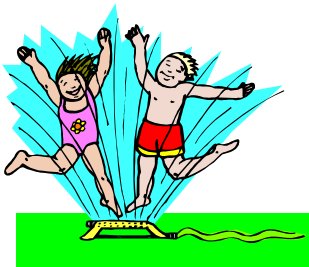
As John Lyon would have said, "Let's Go!"
Fritz Gottschalk, Post Commander

Marching Off...



Celia Ortiz, Auxiliary Life Member, 73, was unable to recover from Emergency /Major Surgery, in Toledo OH on 4 June. She held a Ph.D. in Systems, Industrial and Mechanical Schools of Engineering in Michigan and Toledo. She was published internationally. And she was married for 33 years to Ismael "Izzy" Ortiz

Richard B Kirk, Sr, 91, on 15 July, in Fairfax. He was a Navy veteran, who served during the postwar Occupation of Europe, and was a Life Member since 1991. He was buried at Quantico National Cemetery on 27 July.



**Drive safely:
Summer means
longer days
for kids outside.**

Hours for Post Canteen

The Post Canteen scheduled hours are 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.

Auxiliary Meetings on Wednesday

The Auxiliary will move its monthly meeting to the third WEDNESDAY each month, starting in August.

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.

Music & Comedy Nights at Post 3150

Tutubi Band: Saturday, 8 August, 7:30 pm
Open Mic Night w/ Nick and Tutubi, 22 Aug, 7 p
Mess Hall Comedy Show. Saturday, 29 August, 8
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 and be anonymous!

Tenth District Meeting

The Tenth District VFW and Auxiliary will meet at 10 am on 15 August at Dale City Post 1503, 14631 Minnieville Road, Dale City, 703-670-4124.

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

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.



Highway Cleanup Join us for Highway Cleanup on Tues, 11 August

Members of LAUKOA will join Post 3150 members for our Highway Cleanup at **9am on Tuesday, 11 August**. Those not working that day are invited to join the event. The Post has safety vests, pickup sticks gloves, (and even caps if you need one). It is recommended to wear long pants and hard sole shoes. Our area is both sides of Langston Blvd between Veitch and Nash streets. We expect it to take about two hours. Come out and help us earn those signs and provide a community service.

Locker Fee Due

Members who have a locker at the Post are reminded that the \$40 rental fee was 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.

Trivia Night

Trivia Night is on the second Friday at Post 3150: this month on 14 August, at 7:30 pm.

REFLEX Improv Classes

Post 3150 continues to host REFLEX Improv classes at 7 pm on Tuesday evenings. Check the Post calendar for dates or contact Mike Cantwell via the calendar.

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., so tax deductible **To donate, go to the Post webpage (www.vfw3150.org), click HOME, then scroll down to Donate Now button. You may specify the amount you donate.**

MVAC of Arlington

The Arlington County Military and Veterans Affairs Committee (MVAC) 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.

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 members, 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, click on ABOUT, then MEMBERSHIP, then down to RENEW YOUR MEMBERSHIP. 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.

July 29, 2026 , RENO, Nev. — Cory L. Geisler of Hartland, Wisconsin, was elected today as commander-in-chief of the Veterans of Foreign Wars (VFW) during the organization's 127th National Convention.



A Life member of VFW Post 721 in Waukesha, Wisconsin, Geisler served in the United States Army from 2005 to 2012, earning his VFW eligibility through combat service in Iraq. He will serve as its chief advocate before Congress, the Department of Veterans Affairs and the American people.

In his acceptance address, Geisler called on every member of the VFW to embrace a common purpose centered on his national theme: "One Team. One Mission. Veterans First." "These six words are more than a motto," Geisler said. "They are a commitment.

They remind us that regardless of our differences, we are united by a single purpose. That is to serve veterans, their families and our communities."

Geisler reminded delegates that the VFW's power is more than the brick and mortar of its establishments, "The strength of the VFW has never come from its buildings or its canteens," Geisler said. "It has always come from its members."

Drawing on lessons learned during military service, Geisler emphasized that teamwork remains the foundation of the VFW's success. "During our military service, success depended on trusting one another. We learned that no one accomplishes the mission alone," Geisler said. "That lesson did not end when we took off the uniform. It lives on in every VFW Post, every District, every Department and every National program."

He challenged members to keep veterans at the center of every decision the organization makes. "When we plan programs, Veterans First. When we recruit new members, Veterans First. When we advocate for legislation, Veterans First. When we support military families, Veterans First," Geisler said. "If we remain faithful to that principle, we will never lose sight of why this organization exists."

Geisler also called on members to prioritize the physical and mental well-being of veterans, encouraging comrades to support one another through fellowship and meaningful connections. "Sometimes the greatest act of service is simply checking in on a fellow comrade, inviting them to a meeting, sharing a cup of coffee or taking the time to listen,"

Looking toward the future, Geisler stressed the importance of membership growth and developing the next generation of VFW leaders. "Membership is important, not simply because numbers matter, but because every new member brings new experiences, new ideas and new opportunities to serve," Geisler said. "The veterans returning from today's conflicts are looking for connection. They are looking for purpose, motivation and direction. The VFW has everything they are searching for, but they need to know we are here." He encouraged every VFW member to take personal responsibility for recruiting eligible veterans and mentoring future leaders, noting that leadership is measured not by rank or title but by a willingness to serve others.

Geisler then reaffirmed the enduring mission that has guided the VFW since its founding 127 years ago. "Our service does not end with military service. It simply takes on a new form," Geisler said. "Together we preserve our traditions. Together we advocate for veterans. Together we strengthen our communities. Together we honor those who made the ultimate sacrifice. Together we build an even stronger Veterans of Foreign Wars."

Geisler concluded by urging members to "lead with integrity, serve with humility, support one another and welcome the next generation," reminding delegates that "if we remain united in purpose, there is no challenge we cannot overcome and no goal we cannot achieve." Geisler closed with an emphasis on the words he intends to define his year as commander-in-chief. "One Team. Working together in a spirit of service and respect. One Mission. Supporting veterans, their families and our communities with honor and dedication. Veterans First. Always." (Excerpted from VFW Release, 29 July 2026)

Recent Events Around the Post



VFW State of Virginia Firefighter

<<< Erica Lampe, Post 3150's Firefighter of the Year, was subsequently named the VFW State of Virginia Firefighter of the Year. The award was forwarded to the Post and Commander Fritz Gottschalk presented the award to Lampe in front of fellow firefighters at her fire station.

National Convention

Post 3150 members Ryan Gallucci and Nancy >>> Springer paused after an event at the National Convention in Reno. During the Opening Ceremony, (below right) VFW Washington Office Director Ryan Gallucci applauded VFW's continued efforts to demand the removal of Sect. 108 from the Take Care of America's Veterans Act (H.R. 9237). "This violates our warrior ethos: to accept defeat and leave behind a fellow comrade," he said. Gallucci then called on everyone in the room to scan the QR displayed on the video screens to urge their congressmen to reject Sect. 108. "It is never right to do the wrong thing. We can't solve past injustices by creating greater injustices for our future veterans." (VFW Convention Highlights, 27 July 2026) (See at VFW, then Convention, then 2.36.36 of Joint Opening Ceremony.)

Iraqi Freedom veteran Cory L. Geisler of Hartland, Wisconsin was elected Commander-in-Chief.

Congratulations to District 10 Virginian Ken Wiseman (Post 1503) for being elected National Judge Advocate General.



Recent Events Around 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, specifically, this month, on public issues in the age of AI. Here Ben Bain, DMV Brickyard Captain, addresses the near capacity audience, while Commander Fritz Gottschalk listens.



Legislation Update

<<< Post 3150 Quartermaster Nancy Springer gives an update on legislative affairs during the Post meeting in July. A former VFW Washington Office staff member, she normally gives an update on legislation affecting veterans during Post monthly meetings.



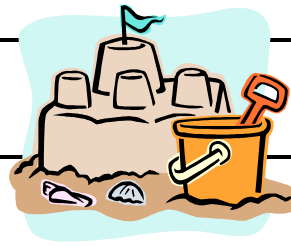
Reflex Improv Comedy Show

Members of the Reflex Improv Comedy >>> Class demonstrate their talents at a recent comedy show. The troop conducts classes on Tuesday nights and then performs about once a month at the Post.



VFW 3150

August 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Info: 703	5250108	when	open			1 G4V, 9 am – 2 pm
2 Zoom Yoga, 10 am	3	4 US Coast Guard Birthday REFLEX Comedy Class, 7 pm	5	6	7 Purple Heart Day	8 G4V, 9 am – 2 Post Work 3p Tutubi Band, 7:30 pm
9 Zoom Yoga, 10 am	10 House Com, Post O Call 7 pm	11 Highway Cleanup, 9 a VA Food Pantry, 10 a REFLEX Comedy Class, 7 pm	12 MVAC mtg, 5:30 pm GRiST mtg 7 pm	13	14 Trivia Night, 7:30 pm	15 10D Mtg, VFW 1503, 10 am G4V, 9 am – 2 pm
16 Zoom Yoga, 10 am	17 Post Meeting 7:30 pm	18 REFLEX Comedy Class, 7 pm	19 Aux Mtg, 7:30 pm	20	21	22 G4V, 9 am – 2 pm Open Mic Nite w/ Nick & Tutubi, 7 p
23 Zoom Yoga, 10 am 30 Zoom Yoga, 10 am	24 31	25 REFLEX Comedy Class 7 pm	26	27	28	29 G4V, 9 am – 4 pm Mess Hall Comedy Show, 8 pm



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
August 2026



US Coast Guard

236th Birthday

4 August 2026



Purple Heart Day

7 August 2026