

The John Lyon Gazette

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September 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.

From the Commander...

Folks, We are moving out of the summer months and heading into the fall, the colors are changing, kids are heading off to school, vacations are sadly wrapping up and most everyone is going back to their normal routines. As we move into those routines, I would ask that all Post members make time to reflect on some very important issues. First of all, this is the 25th Anniversary of 9/11, and we are in Arlington, one of the ground zeroes for the terrorist attack

I was at FT Bragg trying to figure out why a plane flew into the side of the World Trade Center, thinking, “. . . whoa, that pilot messed up . . . “ when SGM Mac said, “Sir, that wasn’t a mistake, that was an attack.” Then the second plane hit the other tower and another plane hit the Pentagon. Then the world got busier for us all.

The Post is highlighting four events that work to commemorate and remember this tragic day. Several of our members will be going to the **Remembrance to Renewal: Community Reflection on the 25th Anniversary of 9/11** on September 1st. Please join our neighbors at the Arlington County Public Library and our fellow Veterans at the Military Women's Memorial as they present a panel discussion that examines the profound impact of 9/11 on our Nation, the Arlington community, and those who answered the call to serve.

On September 5th, The Arlington Police, Fire, Sheriff and ECC 9/11 Memorial Race will commemorate Arlington's role in 9/11 as many of our first responder friends rushed to the Pentagon to render aid and assistance after the attack there. The race is in Arlington, September 5th, at DoubleTree in Arlington (300 Army Navy Drive, Arlington, VA 22202) at 6 PM.

On September 11th itself, the Post will participate in two events. Early that morning, the Post will attend the 9/11 Washington, DC Meal Pack for 9/11 Day from 7:30 AM until about 12 PM at the Walter E. Washington Convention Center (Exhibit Hall), 801 Allen Y. Lew Place NW in Washington, DC. This is part of a National effort where meals will be packed across the nation in memory of 9/11.

Finally, the Post will be commemorating the attack at the Pentagon by holding a brief memorial at the Pentagon Memorial. The program will discuss the day, highlight the design elements of the memorial itself and offer reflection time for those that attend.

I know that just by living in the DMV we are surrounded by memorials and events, but this day should be held as special to Arlingtonians. We are Arlington's VFW, Arlington is our community, please take the time to attend one of these events, or let us know what you are doing to commemorate this dark day in Arlington's history.

Where were you Come to the Post and have that odd conversation about how this affected you and your family. The Post wants to know. (If you do that on 9/11, you can follow up the hard conversation with a round of trivia with your friends.)

All of these events are highlighted in our weekly Post email, if you are not receiving that email, please let the post leadership know that you are not, and you are interested in receiving that weekly email. If you need information about these events, please email me at CDRpost3150@vfwva.org.

Equally as important, September is Suicide Prevention Month As many of you recall, a Post member, Sean M. Noonan, killed himself in February 2024, he was only 37 years old. Since then, the Post has worked to highlight resources that are available to Post members, Veterans and military members if they are feeling like suicide may be their best option. Help is a simple phone call away: Dial 988 and you will be connected to a VA Crisis Hotline and can talk to a suicide prevention specialist. You can also go to 988lifeline.org for additional assistance. If you are interested in learning more about what you should/could do if someone mentions suicide to you, please take a few minutes to read this article: <https://www.nami.org/blog/my-friend-is-suicidal-what-should-i-do/>.

OK, it got a little dark in the Commander's Corner! It is a perfect time to go to our REFLEX Comedy show Friday night, or our new Mess Hall Comedy show on Saturday night, or just go on a nice walk or run through our beautiful city.

Your ComradeFreitz Gottschalk
Commander, VFW Post 3150

From the John Lyon Past...Some of the Post Reactions to 9-11



(left) Elsie Weeks, one of John Lyon volunteers at the Pentagon, took the above picture of the unfurling of the giant flag from the roof of the Pentagon on 12 September. Other John Lyon members who helped man Salvation Army mobile canteens at the Pentagon site were Connie Agresti, Richard Hoffman, and Cathy Kerns. Brigid Agresti and Maureen Fitzgerald also helped for a number of hours. And Earl Hovermill was a volunteer with the rescue teams. (center) A group of the John Lyon family gathered outside the Post home at 7pm on Friday, 14 September to light a candle during the national remembrance. Before it was over, they were joined by friends and neighbors --- and even a couple driving down the street joined in. (right) John Lyon Ladies Auxiliary members placed a Buddy Poppy wreath at the memorial site near the Pentagon in memory of the victims of the 11 September attack on the five-sided building. Cathy Graham, Cathy Kerns, and Elsie Weeks place the wreath amid the many flags and other items left by well-wishers.

Welcome to Our New Members

Welcome to our new Post members: Ricardo Wood (USAF - Iraq / Afghanistan / Korea Defense / AF Exped w/ Gold// CAB) (Life transfer), and Christian Zouzoulas (Army – Afghanistan)(Life), who were elected at the July or August meeting and whose paperwork is complete.

Marching Off...



Past Commander Kenneth Jansen

79, 21 July, in Michigan. Ken was a US Marine in Vietnam and a Life member. He was a two time All-State Commander when it was very competitive honor, limited to only 20 posts. He and President Jeanne Gibadlo had two very successful terms, gathering

innumerable awards at the State Conventions, including two first place Community Activities trophies for posts of 200 – 500 members, newsletter and Americanism awards, a special March of Dimes Appreciation Plaque and several Buddy Poppy awards, among others. He was involved in restaurant management during his civilian career and retired in 2018 as Vice President of Operations for Home Café with Arby's Corporation. Inurnment was at the Allied Veterans Columbarium in Port Huron MI.

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 11 September, at 7:30 pm.

2027 Podium Edition

(The operating bible of the VFW)

To access this information login to the VFW website which will redirect you to the “My VFW” page. From there you can click on the link labeled “Bylaws: Training, Forms & Templates” under the Member/Post Resources section.

You will find the 2027 Podium under the first dropdown option and which can be downloaded by clicking on the blue hyperlink at the bottom of that section.



Sunday Zoom Yoga

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.

In Person or On-line Meetings

The Post and Auxiliary conduct in-house post meetings, but the internet options will continue. If you are not attending meetings, but would like to via Zoom, go to post website (www.vfw3150.org) and click News, and then Calendar, click on meeting date. Membership cards will be checked.

Auxiliary Meetings on Wednesday

The Auxiliary will hold its monthly meeting on the third WEDNESDAY each month.

Join us on Facebook to get the latest Post info:

John Lyon VFW Post 3150

Music & Comedy Nights at Post 3150

Tutubi Band: Saturday, 12 Sept, 7 :30 pm
REFLEX Improv Comedy, Friday, 25 Sept, 7 pm
Acts play for tips and appreciate your generosity.

Donation Match

Two anonymous donors have set up a monthly matching \$1,750 donation. Please 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.**

REFLEX Improv Classes

Post 3150 continues to host REFLEX Improv classes at 6:30 pm starting 15 September. Contact Mike Cantwell via the calendar.



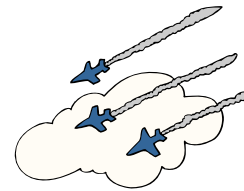
Back to School Time Watch out for Kids

Post Workdays

You will notice on the Post website Calendar there are entries for Post Workday. These are one- or two-hour blocks of time for Post routine maintenance, inside or out. If you'd like to volunteer to help, show up at that time with any tools you might use for various work. The House Committee would appreciate your help. Next is 8 September at 3 pm.



POW / MIA Recognition Day Ceremony Fri, 18 Sept 7 pm



U. S. Air Force 79th Birthday Ceremony and Cake cutting Fri, 18 Sept, 7:30 pm

In-Person or Internet Meetings

While the Post and Auxiliary continue 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.

VFW National Birthdays

The VFW as an organization will mark 127 years of serving veterans, their families, their communities, and the nation on September 29th. And the like-minded VFW Auxiliary will be 112 years old on September 20th. The occasions will be marked by the Auxiliary on Wednesday, 16 September at 7:15 pm and the VFW, at a time and date to be determined. All are invited to the two ceremonies.

September is Suicide Prevention Month

Every year, organizations across the country recognize September as Suicide Prevention Month. Dog Tags 4 Life helps to link Veterans to trained professionals that can help them when they're in that dark place. Dog Tags 4 Life distributes dog tags with the 988, then press 1 Veterans Crisis Line AKA Suicide Prevention Hotline number so it's at their fingertips if they or anyone they know ever needs it.

Dog Tag 4 Life is staffed by veterans who have come together for a common cause: Reduce the rate of veteran suicide. The latest numbers show that an average of over 16 veterans each day take their own life. More post 9/11 veterans have died by suicide than died in combat.



DOG TAGS 4 LIFE

These Dog Tags are available at the Post in both restrooms and the canteen area, please take one!

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.

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.

9-11 / Patriot's Day

Local ceremonies will mark the 25th anniversary of 9/11 beginning on 1 September at 5:30 pm. There will be a panel discussion on the profound impact of 9/11 on our Nation, the Arlington community, and those who answered the call to serve.

At 9 am on 11 September, the Post will also be attending the 9/11 Washington DC **Meal Pack for 9/11 Day** from 7:30 am until about 12 pm at the Walter E. Washington Convention Center. At 6 pm that evening, the Post will meet at the 9/11 Memorial at the Pentagon to commemorate the events of the day. For more info and registration for all three above, go to Post website (vfw3150.org) then click ABOUT, then ANNOUNCEMENTS



Nancy Springer (center) recently presided over her first District 10 meeting as Commander.

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.

Recent Events Around the Post



VFW State Law Enforcement Officer of the Year

Lt Kyle Anderson, Arlington Police Department (center), was named the Post 3150 Law Enforcement Officer of the Year back in the spring and he was nominated to the state competition where he was named the State winner. He was presented with the State Award and a national citation by Tenth District Commander Nancy Springer. Joining in the celebration (from the left,) are Chief Andy Penn, Captain of the Criminal Investigation Section John Feden, and (right) Deputy Chief of the Criminal Investigation Division Darrin Cassidy



Highway Cleanup

Big thanks to Anita Fligge and her friends from LAUKOA for helping us out with our Highway Clean up! We had plenty of signs thanks to Ted E, yellow vests, orange hats and perfect weather for the team to clean up our section of Langston Blvd



Recent Events Around the Post



Crouch and Graham Honored

<<< Big thanks to the folks at Quilts of Valor! They came by and honored two of our Navy Veterans - Doc Crouch and Cathy Graham - for their long service to our nation and the VFW! Quilts of Valor was founded by a Blue Star Mother to honor those who served in the Armed Forces and that were touched by war with a comforting and healing Quilt of Valor™. Each is individually quilted with the loving hands of many people of varying skill levels.

Tutubi Band

The Tutubi Band has a new look and >>> maybe a new name. They played at the Post on a recent August night showing their new look.



Trivia Night

<<< Trivia Night in August drew several new member players and a few older ones. Mike Cantwell (third from right) is the coordinator and moderator of the Jeopardy-like session.

Students, Teachers, Scouts, Fire, Law Enforcement

The following is an overview of VFW programs and contests for students, teachers, Scouts, and First Responders



Voice of Democracy (VoD) : audio essay contest for grades 9 through 12. The 2026-2027 theme is "*What a Veteran Taught Me About America*". Deadline is Oct 31, 2026, Awards upto \$30,000. NOTE: Entry should be recorded on a flash drive.



Patriot's Pen: written essay contest for grades 6, 7 and 8. The 2026-2027 theme is " *What a Veteran Taught Me About America*". (same as VoD) The deadline is Oct 31, 2026.



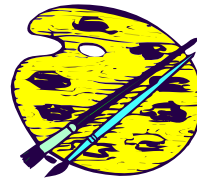
Teacher of the Year: top elementary, junior high and high school teachers who teach citizenship education topics regularly and promote America's history, traditions and citizenship. Nominations can be submitted by themselves, fellow teachers, supervisors, family members or other interested individuals. by Oct 31, 2026.

The national teacher --- and his/her school ---- each receive a certificate and likely a financial award.



Scout of the Year: Any recipient of an Eagle Scout, Girl Scout Gold Award, Venture Summit Award, or Sea Scout Quartermaster Award may qualify. Deadline is March 1, 2027. Early submission / interest may provide opportunity for additional trip for the Scout.

VFW Auxiliary's Young American Creative **Patriotic Art Contest:** grades 9 - 12. Deadline is March 31, 2027. Go to <http://www.vfwauxiliary.org>, then



Scholarships, Patriotic Art Brochure. Follow above link to see winners since 1979, including last year.

Above awards are presented at post, district, state, and national levels and can add up to thousands of dollars. Deadlines are to Post 3150 (or your local post).

Further information, including entry forms, brochures, and background, are available, except as noted above for Patriotic Arts, at www.vfw.org, then Community, then Youth and Education, then on one of the four programs. Forms and information may also be obtained at <http://www.vfw3150.org/>, then Programs. You may also email adipost3150@vfwva.org for further information.



Continuing Education Scholarship. Additionally, the VFW Auxiliary sponsors a scholarship for an Auxiliary member or the spouse or child of a member. Deadline to apply is 15 February 2027. Website same as Patriotic Art above but final click on Continuing Education.

Firefighter, EMT, Law Enforcement

Nominations for Public Service Awards --- Law Enforcement Officer, Firefighter, and



EMT of the Year --- are due at the Post by 8 December. Nominations include a resume of nominee's background and background in applicable area, resume of accomplishments in field, title and address. For info send email to adipost3150@vfwva.org .

VFW 3150

September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Info: 703– 525-0108 when open		1 9-11 Panel, 5:30 pm	2 End of WW2	3	4	5 G4V,9 am 9-11 Memorial Race, 6 pm
6 Zoom Yoga, 10 am	7 Labor Day	8	9 MVAC, 5:30 pm GRiST mtg 7 pm	10	11 9-11 Meal Pack, 7:30am- 12 Pentagon, 6 pm Trivia Night, 7:30 pm	12 G4V,9 am VFW School of Instruction, Post1503, 9 a Post Work 3p Tutubi Band, 7 pm
13 Zoom Yoga, 10 am	14 House Com, Post O Call 7 pm	15 REFLEX Comedy Class, 7 pm	16 Auxiliary 112 th Birthday, 7:15 pm Aux Meeting 7:30 pm	17	18 POW / MIA Rem'brance & USAF Birthday 7 p	19 G4V,9 am
20 Zoom Yoga, 10 am	21 Post Meeting 7:30 pm	22 Soldiers Angels Food Pantry, 9 am REFLEX Comedy Class, 7 pm	23	24	25 REFLEX Comedy Show, 7 pm	26 G4V,9 am VFW 127 th Birthday, TBD :
27 Zoom Yoga, 10 am	28	29 REFLEX Comedy Class, 7 pm	30			



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

September 2026

See page 9 inside for ...
Teachers, Scouts, Parents
Fire, EMT & Law Enforcement

High school and middle school essay contests for
scholarships

Teacher of the Year

Scout of the Year

High School Art Contest

Law Enforcement, Firefighter, EMT of the Year