The John Lyon Gazette

Volume 33 Number 4 October 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.

Remembering 9/11

(l to r), below left) Post members Nancy Springer (red shirt) and Fritz Gottscshallk, and VFW Commander-in-Chief Cory Geisler, State Junior Vice Commander Randy Coker and number of other VFW members, including Post 3150 member Mike Cantwell, listen to the docent at Pentagon 9-11 Memorial on Patriot's Day or (right) pause by the memorial entrance.





VFW Chief visits Post 3150

Commander in Chief Cory Geisler and State Junior Vice >>> Commander Randy Coker visit Post 3150 following the 9-11 Memorial ceremony where a special 9-11 video was being presented.



From the Commander…

Folks,

Fall is upon us! A little bit of rain, cooler temperatures and all of the trees in Rock Creek Park and along the George Washington Parkway are telling me that it is getting a bit cooler!

With fall coming on, we are moving into one of our busiest seasons at the Post: The Holidays - - Halloween, Veterans Day, Thanksgiving and Christmas. These are times when the Post and Auxiliary step up and get out into our community.

There is a whole pile of things that the Post is doing, you are more than welcome to help out, or step up and organize them. If you are interested in helping out, please check out the weekly update, there is a pretty simple link to let us know you are interested or send me an email at ***cdrpost3150@vfwva.org***:

- **Marine Corps Marathon Cleanup (October 25th, 7 AM)** - We will be cleaning up miles 2-3 as part of a fundraising event. We need 18 people to sign up, and 18 people to show up for the cleanup. We had plenty of folks sign up, but we will need a strong showing the morning of the race so we can meet our requirements.
- **Halloween at the Post (Saturday, October 31st)** - Tutubi is joining us for a Halloween Party. Bring the kids, we will have piles of candy to keep them busy and the popcorn machine will be cranking it out. Costumes? Yes. If you are a Halloween-focused individual, come on out and show off your costume to the Great Pumpkin. We do need a bartender for that evening . . . .
- **OPERATION WINTERHAVEN (November 7th, 9 AM):** The 2026 Winterhaven Homeless Veterans Stand Down is scheduled for Saturday, November 7, 2026, from 9:00 a.m. to 2:00 p.m.. Hosted by the Washington DC VA Medical Center at its main campus. This year VFW 3150 will be working with American Legion Post 46 in DC at the Boot Station. There are plenty of opportunities in the weeks prior to help organize, set up and clean up after the drive.
- **Buddy Poppy Drive (November 4th thru the 10th)** - This one of our traditionally best times to get donations for our Post Relief Fund. Post members will be sharing shifts at the FT Myer Commissary passing out Buddy Poppies, talking about our Post and what we do, and asking for donations to our relief fund.
- **Marine Corps Birthday (November 10th) -** Joe Wagner will be leading this effort; Everything is looking pretty well organized, but we will need folks to help set up and clean up. Even if you are not a Marine, this is a very fun event.
- **Veterans Day Celebration (November 11th)** - This is one of the Post's most important celebrations. We will be conducting our traditional ceremonies at Clarendon War Memorial and the Cherrydale Boys' School Memorial as well as other events. If you want to help out - do some outreach work to promote the event, move the chairs, podium, tents, loudspeaker, help with the flowers, do a quick police call at the memorials, let us know!
- **Post Thanksgiving Basket Donations (November 19th)** - We are working to partner with USAA and Joint Base Fort Myer/Henderson Hall to reach out to Army and Marine Corps families that are in need during the holiday season. If you are interested in being part of this team we can always use help with shopping and packing up the boxes as well as delivering them in November.

These things are one of the reasons I value my Post membership. Reaching out into the Arlington, FT Myer and Henderson Hall communities represent one of the pillars of our Post - Service. Please step up and lend a hand. Let's Go!

Fritz
Your ComradeFreitz Gottschalk
Commander, VFW Post 3150

Welcome to Our New Members

Welcome to our new Post members: Rennie Baynes (Army – Desert Storm / Southwest Asia Service Medal)*, Dean Chang (Army - Iraq / Korea / GWOTEM)(Life)(transfer)*, Cedric Jasmin (Army – Desert Storm)(Reinstate)*, Melissa Lord (USAF-Desert Storm)*, and Michael Riendeau (USMC - Iraq / GWOTEM)*, all whom were elected at the September meeting and whose paperwork is complete.

Trivia Night

Trivia Night is on the second Friday at Post 3150: this month on 9 October, 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.

YOGA LEGION

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.

Music & Comedy Nights at Post 3150

REFLEX Improv Comedy, Friday, 23 Oct, 6;30 p
Tutubi Halloween Party,: Saturday, 31 Oct, 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.**

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 our post website at ***www.vfw3150.org*** and click Calendar or Announcements, to our Facebook page at John Lyon VFW Post 3150, or check our weekly email.

Post Workday

Post Workday is a one- or two-hour block of time for Post routine maintenance, inside or out. Show up with any tools you might use for various work. The House Committee would appreciate your help. Next is 10 October at 3 pm.

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**.**



Watch out for little spooks and goblins on Halloween!

Locker Fee: Pay by 31 October

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. Must be RENEWED by 31 October or they will be considered abandoned! Those not renewing their rental should empty the locker and return the key.

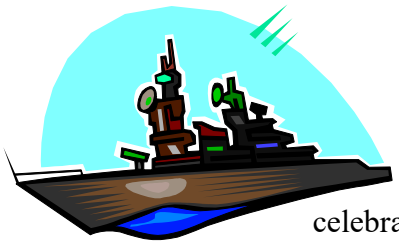
Join us on Facebook to get the latest Post info: John Lyon VFW Post 3150

A John Lyon Hello…

…to all John Lyon members living in recently flooded areas. We hope for your enudurance and recovery.

REFLEX Improv Classes

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



U.S. Navy Birthday

The Post will celebrate the U.S. Navy Birthday with a cake cutting ceremony about 7 pm, on Saturday, **10 October**. As usual, members of all services are invited to attend this celebration.

Newsletter via email and Weekly Email

If you are one of the few who still receive a printed newsletter (or don't receive it at all) and would like to receive it earlier and in color via an email notice from our website, please send an email to ***adjpost3150@vfwva.org***. You can also receive our weekly email by requesting it at the same email.



Are you registered to Vote?
Deadline is 23 October in Virginia.
www.vote.virginia.gov

The mail deadline to request an Absentee Ballot is 22 October. Your request must be received by the Registrar by 5:00 pm.

For info on Virginia elections, go to
https://elections.virginia.gov/



Fire Prevention Week™ is October 4–10, 2026. "Safe Charging Is a Superpower" focuses on the everyday charging habits that can help reduce the risk of lithium-ion battery fires and keep homes and communities safer.

Plug in. Power up. Stay safe.

More info:

https://www.nfpa.org/Events/Fire-Prevention-Week

Buddy Poppy Drive



The Post will again conduct a Buddy Poppy Drive at the Commissary at Joint Base Myer-Henderson Hall on the dates of Wednesday 4 November – Tuesday 10 November. If you can help out, please send email to ***cdrpost3150@vfwva.org*** All donations go to the Relief Fund which supports veterans and Americanism projects.



Happy 140th Birthday, Miss Liberty
28 October
1886-2026

From the John Lyon Past…

The 26 October 1951 issue of *The Arlington Daily Sun* contained a photo and the following article:

"**FLAG PRESENTATION** --- Mr. Glen Hass, Assistant Superintendent and Director of Instruction in the Arlington County Public Schools (receives) ten flags from Mrs. Pearl Krahnke, patriotic instructor, representing the Ladies Auxiliary of John Lyon Post 3150, VFW. Others in the picture…are Mrs. Blanch Dorsett, treasurer; Mrs Loretta Burnett, chaplain and Mrs Mattie Copeland, guard. A flag was also donated by the Raymond Hanson Auxiliary 9898."

Marine Corps Marathon Cleanup 25 October

The Post this year will again help the Marine Corps Marathon by picking up litter after the runners pass by. Like last year, we will have the mile along Lee Highway / Langston Blvd near the Post. Please arrive at the Post by 7:30 am. With this road clean-up, the Post can earn up to $450 from Marine Corps Services.

Halloween at the Post Saturday, October 31st

Tutubi is joining us for a Halloween Party. Bring the kids, we will have piles of candy to keep them busy and the popcorn machine will be cranking it out. Costumes? Yes. If you are a Halloween-focused individual, come on out and show off your costume to the Great Pumpkin. We do need a bartender for that evening .

Birthday or Special Event?

If you have a special event coming up and want to celebrate it with your friends and comrades at the Post Home, contact the Post Quartermaster at ***qm@vfw3150.org*** or talk to Canteen Manager or House Committee Chairman. We would love to help you celebrate your important milestones.

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 monthly Post meeting in person.

Request a New Card; Update your Address

Logon to ***VFW.org***, go to MY VFW.

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 log on. 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.

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 up to $35,000. NOTE: Entry should be recorded in MP3 format on a flash drive or other electronic device**.** No video.



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).

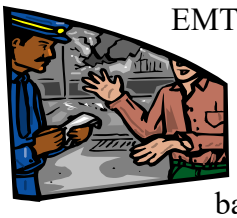
Further information, including entry forms, brochures, and background, are available, except as noted above for Patriotic Arts, at ***www.vfw.org***, then Community, then Youth and Education, then on one of the four programs. Forms and information may also be obtained at ***http://www.vfw3150.org/,*** then Programs. You may also email ***adjpost3150@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 ***adjpost3150@vfwva.org*** .



Recent Events Around the Post



POW / MIA Remembrance Day

<<< Heber Willis III reviews the POW / MIA remembrance table during ceremonies marking POW / MIA Remembrance Day.

U.S. Air Force Birthday

Air Force veterans (l to r) J.Gary Wagner >>> and Jack Roelofs cut the cake marking the Air Force's 79th Birthday.





U.S. Constitution Day

<<< Mike Cantwell gives presentation on the supreme law of the land. Pocket-sized copies of the U.S. Constitution were also available following the brief commentary on the 239th Anniversary of the U.S. Constitution.

Recent Events Around the Post



Mess Hall Comedy

<<< Members of the Mess Hall Comedy team entertain the audience at a recent show at the Post.



Legislative Conference and Meetings

VFW members from across the nation met in Washington for the annual Legislative Conference. While here they met with nation's legislators and presented the VFW's legislative goals for the year. Above, they meet with Virginia Sen Tim Kaine and staff members. Among those attending were Post 3150 members Fritz Gottschalk and Nancy Springer (4th and 5th from the left).

VFW 3150

October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Long Hike, 6 a G 4 V, 9 am
4 Zoom Yoga, 10 am	5	6 REFLEX Comedy Class, 6:30 p	7	8	9 Start of Op Enduring Freedom Trivia Night, 7:30 pm	10 G 4 V, 9 am Post Workday, 3 pm US Navy B'Day, 7 pm
11 Zoom Yoga, 10 am	12 COLUMBUS DAY House Com and Post O Call ,7 pm	13 REFLEX Comedy Class, 6:30 p	14 MVAC, 5:30 p GRiST 7:00 pm	15 John Lyon Killed, 15 Oct 1918 REFLEX Musical Class, 6:30 p	16	17 S Short Hike, 6 a Guitars 4 Vets, 9 am
18 Zoom Yoga, 10 am	19 Post Meeting 7:30 pm	20 REFLEX Comedy Class, 6:30 p	21 Auxiliary Meeting 7:30 pm	22 REFLEX Musical Class, 6:30 p	23 REFLEX Improve Show, 6:30	24 Guitars 4 Vets, 9 am
25 USMC Marathon Cleanup, 7:30 am Zoom Yoga, 10 am	26	27 Soldiers Angels Food Pantry, 9 am	28	29 REFLEX Musical Class, 6:30 p	30 --->Deadline for VoD, Pat Pen, and Teacher entries 9 pm.	31 Halloween Tutubi Halloween Party, 7 pm

For more info on any calendar events, see the Post Calendar at ***www.wvfw3150.org***

Voice of Democracy, Patriots Pen, and Teacher of the Year Deadlines 31 October by 9 pm

JOHN LYON POST # 3150

"All American Post"
Veterans of Foreign Wars
2116 North 19th Street
Arlington, Virginia 22201

Dated Material Please Do Not Delay

October 2026



Lt John Lyon
2 April 1893 – 16 October 1918
Killed in action, World War I

According to The Washington Post, (11 November 1934) a citation reads: "'John Lyon, first lieutenant, Machine Gun Company, 116th Infantry, Twenty-ninth division. For extraordinary heroism in action near Damogneux, France, October 15, 1918. During the attack on the Bois De La Grande Monagne, Lieut. Lyon left a place of comparative safety to cross an open space, exposed to direct observation and fire from the enemy, to attempt the rescue of a wounded officer. He and the two men who accompanied him were killed in this attempt.'"