The John Lyon Gazette

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Veterans of Foreign Wars
John Lyon Post #3150
2116 North 19th Street
Arlington VA 22201
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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.





Happy 100TH Birthday, Walter Gallagher!

Post 3150 member and World War II vet, Walter Gallagher turned 100 years old on Thursday 29 October. He is only our second known Centenarian in Post history. He is seen in the left one year old photo with Walt's sister Alice (then 95) (seated) and his wife, of 66 years, Judy (then 94). On the right is his boot camp photo from Camp Sampson, NY when he joined the Navy out of high school. In May, 1944 he was assigned to USS Franklin (CV-13) where he would arm dive bombers. Gallagher was injured while loading bombs and saw multiple enemy attacks on the Franklin, including two kamikaze attacks. He was aboard when a Japanese dive bomber attack took the lives of over 800 sailors in March 1945. The USS Franklin was the most heavily damaged US ship to survive a battle. He did a 7/21/22 oral history with the National Museum of the Pacific War that includes a transcript which can be seen at https://texashistory.unt.edu/ark:/67531/metapth1631015./

From the Commander:

Folks, Normally I use this column to highlight some upcoming events that I would like our members to be aware of and step up to help out with. However, this month I want to reflect on what our Post accomplished in October and talk about one of our most distinguished members.

For the first time in my memory, we had a team of Post members and friends run the Army Ten Miler and they placed very well amongst the Arlington VFW teams! Along with that, we had our second month of our hiking club knocking out some of the most scenic trails in Virginia and Maryland. Huge thanks to Jack R for taking on the organization of both of these teams.

We worked with VFW Post 1177 and District 10 to retire not only the 144 flags we collected, but over 2000 flags collected across Northern Virginia. This ceremony showed me that there are thousands of people across Northern Virginia that continue to respect our nation's symbol by entrusting the VFW to retire their flags correctly. Big thanks to Dan D for collecting the flags from our neighbors and coordinating their retirement.

On October 24th, we participated in three events that show our Post wants to participate to commemorate our Veterans and support homeless and at risk Veterans. We joined our partners with Chariots of Honor to clean the American Veterans Disabled for Life Monument, helping our nation to remember Veterans that made one of the greatest sacrifices. Right after that your postmates hustled up to the Washington DC VA Hospital to help bag up over 500 backpacks with winter supplies for distribution to homeless and at risk Veterans from across the DMV.

That very next morning, 18 of your Postmates and our friends showed up at the crack of dawn to cheer on over 30,000 Marine Corps Marathon runners and then clean up the thousands of energy gel packets, gloves, shirts and sweatshirts that were left by the runners on mile 2 to 3 of the race. All of this shows me that we can do a lot, but I know that we can do more. Please, pick an event or Post committee and step up to help out with!

Now, on to one of our members: Walt Gallagher turned 100 years old on October 29th, 2026. Walter is a WW II Navy Veteran that served on the USS Franklin. For those of you that are history oriented, that name should jump out at you: The USS Franklin was the most heavily damaged US aircraft carrier to survive the war, Walter joined the Franklin in June of 1944 as she was preparing for action in the Pacific. Walter survived a torpedo attack, two kamikaze attacks and two bombs from a Japanese dive bomber in March 1945. If you look at the pictures of the ship you immediately think " . . . that ship is gonna sink." But with the help of his crewmates and other ships, the Franklin was saved.

After the war, Walter and his future wife met each other while studying at American University and moved to the Boston area for work. Judy and Walter married in Lexington, Massachusetts and moved to Arlington when her job transferred to Arlington, where her family lived. Walter retired from Federal Service while working at the Library of Congress. Walter was an amazing coach and spent years coaching wrestling and baseball in Arlington. A couple of months ago someone taking a walk stopped the car he was in because they recognized him as their coach, and Walt remembered him immediately and what a superb athlete he was. Please keep Walter in your thoughts, his generation rose up, joined up and served our Nation in one of the greatest, global conflicts in history.

Take care, I look forward to seeing you at the Post or at one of our many volunteer opportunities, and: Don't forget to vote!

Let's Go!
Fritz
Commander, VFW Post 3150

Welcome to Our New Members

Welcome to new Post members Alton Booth (Army – AFEM (Panama) / CIB)*, Jesse Elmore (Navy / USMC – Iraq / Afghanistan / CAB)(life12)*, Andrew Zalla (Army – Iraq / CAB)(transfer)*. Those with completed applications (*) were elected at the October meeting and their memberships were transmitted to National.

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 updated openings, hours, and events, go to ***www.vfw3150.org*** and click on Calendar. Event updates can also be found on our Facebook page at JohnLyonVFWPost3150, the Post webpage, or in the weekly email. For info on activities, you can also email ***adjpost3150@vfwva.org.***



Be a Winner:
Vote! until
Tuesday, 3 November
Study the issues.
Your vote counts!

For info on Virginia elections, go to https://elections.virginia.gov/ and click on "Upcoming Elections"
You may need a photo ID to vote.

In-Person or Internet Meetings

While the Post and Auxiliary have in-house meetings; the Internet option via Microsoft Teams (VFW) or Zoom (Auxiliary) will continue for members desiring to do so. If you would like to attend meetings remotely, go to ***www.vfw3150.org***, then the Post Calendar under NEWS, then click on the entry for that date.

Buddy Poppy Drive



The Post will again conduct a Buddy Poppy Drive at the Commissary at Joint Base Myer-Henderson Hall on Thursday 5 November – Tuesday 10 November. If you can help out, please go to ***www.vfw3150.org***, then go to About, then Announcements and Buddy Poppy Distribution. Select a date then click Tickets to select a preferred two-hour block. A reminder: any and all proceeds collected go only to the Post's Relief Fund.

U.S. Marine Corps 251st Birthday



Tuesday,
10 November 2026
Post Open 5 – 10 pm
Dinner from 7 pm
Ceremony 8 pm

RSVP / Sign up for a spot by using this Eventbrite link: go to the Post Calendar, click on USMC Birthday. Donations made before the event on **November 10, 2026**, will be given to Toys for Tots. Donations received on the day of the event will support the VFW Post's donation efforts.

VoD, Patriot's Pen, Teacher Entries due 31 October, 9 pm at Post, or midnight at *adjpost3150@vfva.org*

Toys for Tots

You can donate to Toys for Tots through the Marine Corps birthday link in the Calendar. And there is a donation box in the Post and several other locations around Arlington.

Friday Night Trivia

Friday Night Trivia will be held on the second Friday of the month. This month it will be on Friday, 13 November at 7:30 pm.



Post Veterans Day Ceremonies

John Lyon members will gather for two Veterans Day ceremonies. First, gather at the Clarendon War Memorial at 11 am. This memorial is in the center of Wilson and Clarendon Boulevards where Washington Boulevard crosses and is just west of the Clarendon Metro stop. Then at 12 noon at the "John Lyon Memorial" --- across the street from the Safeway (3713 Lee Highway) on the grounds of the Cherrydale Healthcare Center. This will include our participation in Bells for Peace initiative, and we will ring our bell 21 times in remembrance of the fallen. Both events are family-friendly and an ideal event to reinforce history and patriotism for your sons and daughters --- or grandchildren, if they're nearby. The day will conclude with an Open House at the Post starting at 1 pm.

More on Veterans Day
Vets: remember to wear the medals you earned during military service on Veterans Day.

The complete Vet Day Weekend schedule can be found on back page of this newsletter.

Veterans Day 2026 discounts, dinners, etc., for vets: Go to ***https://www.military.com/veterans-day/veterans-day-military-discounts.html***

Newsletter via email and Weekly Email

If you are not receiving our newsletter and would like to receive it in color via an email notice for our website, please send an email to ***adjpost3150@vfwva.org***. You can also receive our weekly email and to change your email address by requesting it at the same email.

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 out, show up at that time with any tools you might use for various work. The House Committee would appreciate your help on the second Saturday of the month. Next is 14 November at 3 pm.



HELP THE BUDDY POPPY TEAM!

Post 3150 to Mark 92 Years!

John Lyon Post 3150 will celebrate its 92nd birthday tentatively at 7:30 pm on Frirday, 20 November. The Post was chartered on 20 November 1934. All members are invited to join in the celebration.

Birthday or Special Event?

If you are having a birthday party or other special event, host it at the Post and use it as a fundraising event. We have a Post member that has already offered to match donations each month, up to $1750. We can use the donations from your birthday party to reach that critical $1750 goal to earn that match. 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.



Thanksgiving Baskets

Post and Auxiliary members will prepare Thanksgiving baskets including turkeys and all the trimmings necessary for a festive holiday meal for junior enlisted personnel in our area. The preparations will begin at 9 am on Saturday, 21 November. Delivery to Myer-Henderson Hall will follow. Come join in with this spirit of Thanksgiving.

Auxiliary Meetings on Wednesday

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

2027 Podium Edition

(The operating bible of the VFW)

You can also download this by going to the Post website. LOGIN (upper right corner) with your name and member number, Click on VFW Resources, and then Podium Edition.

Donations Match

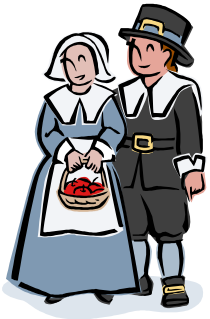
Two anonymous donors have set up a combined monthly matching $1,750 donation. Please continue to consider donating to JOHN LYON VFW POST 3150, a 301(c)(19), a VSO non-profit organization. You may specify the amount of your donation. A $25 tax donation goes a long way to help the Post continue making the necessary improvements to our remarkable 101-year-old Post Home. Updating the basement stairwell will be the next project.

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.



Happy Thanksgiving!
Thanksgiving Dinner

The Post will host a Thanksgiving Dinner on Thursday, 26 November, starting at 1 pm. But the Post may remain open for football games later in the day. This will be a potluck. Bring a side dish. The Post will provide the turkey. Sign up at calendar event on Post website to let us know what you will bring.

Scouts, Artists, Students, Fire, Law Enforcement

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



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***



Desert Shield / Desert Storm Memorial

Photographer and Southwest Asia Vet Mike Cantwell was only one of the Post members who attended the Dedication of the Desert Shield / Desert Storm Memorial. Congrats to those vets who got their memorial on the National Mall.

Member Information

New Members

For a short video for new members. go to

https://www.youtube.com/watch?v=Krqs3lEc_y8&list=PLS17GMBrjUlYUFAyV1LuwuLHkN_pdO12y&index=3

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.

Recent Events Around the Post

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Navy Birthday

<<< Navy veterans Mike Cantwell and Jim Bertine cut the cake after a brief ceremony marking the U.S. Navy's 251st birthday.

Marine Corps Marathon Highway Cleanup

Thanks to the team of 18 Post members >>> and friends that showed up to clean up miles 3 to 4 of the Marine Corps Marathon. It was an early morning, a great race and a good time. Extra thanks to Harry G and Team Home Depot for stepping up and helping out with the supplies and Jakob with DC Blue Star Families chapter for lending a hand.





Winterhaven Pack-Up

<<< Post members Gary Thompson (left), Jim Bertine and Fritz Gottschalk (center), and Chris Herndon (right), and Noel Allen, Ron Allen, and Gregory Thompson-Hall (from the VA), pause at the end of the Winterhaven Pack-Up Day's activities Post members and friends packed up 175 women's kits and over 350 men's kits for homeless and at risk veterans, They will be distributed 8 am on 7 Nov at the VA Medical Center in DC (50 Irving ST NW). If you can help out at the boot and shoe station, ask for Chris.

VFW 3150

November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings Time ends, 2 am Yoga 10 am	2 Reflex Improv W'shop, 630	3 **VOTE!** Reflex Improv W'shop, 6:30p	4	5 Poppy Dist at Commissary, 10:00 – 4:00	6 also--→ Poppy Dist at Commissary 10:00 – 4:00	7 Short Hike, Harpers Ferry Winterhaven, 9 a Reflex comedy Show, 7 pm
8 Poppy Dist at Commissary, 10:00 – 4:00 Yoga 10 am	9 ←--VA Food Pantry,10 am Poppy Dist at Commissary, 10:00 – 4:00 Post Officers Call / House Com, 7 pm	10 Poppy Dist at Commissary, 10:00 – 4:00 USMC Birthday 8 pm Food from 7 p	11 **VETERANS DAY** Clarendon Memor'l 11a John Lyon Mem. 12 n Post Open House, 1 pm GRiST mtg, 7 pm	12 Reflex Music, Improv, 7 pm	13 Trivia Night, 7:30 pm	14 Guitars 4 Vets, **each** Saturday, 9 am Post workday, 3 pm Tutubi Band, 7:30 pm,
15 Yoga 10 am	16 Post Meeting 7:30 pm	17 Brickyard event,6:30 pm	18 Auxiliary Meeting 7:30 pm	19 Reflex Music, Improv, 7 pm	20 Post 92nd Birthday 7:30 p (tent)	21 Long Hike, 6 am Thanksgiving Basket Prep and Delivery, 9 am
22 Yoga 10 am 29 Yoga 10 am	22 30	24 Soldiers Angels, 9 m	25	26 **THANKGVNG DAY** Potluck 1 pm	27	**28** Guitars 4 Vets, **each** Saturday, 9 am

31 October: Deadline for Pat Pen, VOD and Teacher entries, 9 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
November 2026

VFW Post 3150

Veterans Day 2026 Schedule

Tuesday, 10 November

5 pm Open; 7 pm BarBQ Food service begins (RSVP)
8 pm USMC Birthday Ceremony and Cake Cutting

Wednesday, 11 November

11:00 am Clarendon Wreath Laying Ceremony
Clarendon War Memorial, intersection of Wilson, Clarendon, and Washington Blvds

12 noon John Lyon Wreath Laying Ceremony
Cherrydale War Memorial: Cherrydale Health Carecenter, across from Safeway at 3713 Langston Blvd / Lee Highway

1 pm Post Open House

In case of inclement weather, ceremonies at Post 3150