

The John Lyon Gazette

Volume 27, Number 2

August 2021



**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



Independence Day

(above) Commander Nancy Springer (center) does the readings for the National Bell Ringing ceremony while (right) Jim Bertine rings the bell 13 times during the Independence Day ceremonies held at the Post before a traditional cookout. The bell ringing, one peal for each of the 13 original colonies, recalls the bell ringing at Independence Hall in Philadelphia following the signing of the Declaration of Independence. U.S. flags line the sidewalks and planters in front of the Post to honor the day.



From the Commander:

Hello Comrades and Auxiliary Members!

I hope you are enjoying the summer and the more open environment we have this year! My comments this month focus on volunteerism and on getting involved at the Post, so let me start with a few words of appreciation for some of our volunteers.

I want to thank John McCarthy for organizing Buddy Poppy distribution operations 23-28 May, alternating between the Fort Myer Commissary and the Shopette/Class VI Store. Also, thanks to all the volunteers who contributed their time working alongside John distributing Buddy Poppies to store patrons, raising awareness of the symbolism of the Buddy Poppy, and highlighting the significance of Veterans' sacrifices. The volunteers accumulated approximately \$2000 in donations for the Post Relief Fund, better positioning us to help Veterans in need.

Next, I want to thank Michael Bouchard for planning the July 4th BBQ, and everyone who attended the BBQ and participated in the National Bell Ringing Ceremony. We had approximately 25 Post Comrades & Auxiliary Members, families and friends at the Post home commemorating our Nation's 245th birthday. We even gained a couple new Members, as a bonus!

I also want to thank the House Committee that cares for our aging Post home and all the volunteer bartenders who keep the Canteen up and running, including John McCarthy who manned the Canteen during special late afternoon/early evening hours 6-8 July. This special open period was a trial to gauge interest in weekday hours, as a prelude to possibly hiring staff to allow expanded hours on a more predictable basis. I also appreciate everyone who publicized this trial in their personal networks. We gained a couple new Members that week, too.

Volunteerism is the power that runs the Post! I appreciate each and every volunteer, and I thank all of you for your contributions. Volunteer opportunities abound at the Post, and there is truly something for everyone, including the Members located outside the local area and the time-challenged Members closer to home. One thing

I've learned during this COVID odyssey is what we can do remotely. A couple activities in which off-site Members can get involved include 1) joining the monthly Membership Meeting via Skype and making their voices heard, 2) managing one of the Post's social media platforms, or 3) serving as a Post officer. Currently, one of our Post officers lives out of the area. For the time-strapped (you are in good company!), consider judging our Patriot's Pen and Voice of Democracy essay entries in the Fall, spending a couple hours on a Saturday morning cleaning our section of Lee Highway, or visiting hospitalized Veterans for a few hours per week. Another option is celebrating a Service birthday at the Post and learning about another Service's unique traditions. Also, anyone and everyone can encourage other Veterans to join the VFW/our Post, suggest that friends and associates rent the Post home for their next event (birthday party, retirements, promotions, etc.), or make a donation (depending on one's financial situation, of course). Additionally, the Post is comprised of various committees Members can join, based on their individual talents and interests. Per the Post bylaws, the Standing Committees are Americanism, House, Community & Outreach, Relief, Ways & Means, and Membership. I'd like to fill up these Committees with motivated volunteers! Last, but not least, we have vacancies in the Junior Vice and Guard positions.

Please contact any of our officers for more information on volunteer opportunities. You can reach me on the Post email, johnlyon3150@gmail.com or join me on Skype (same address as the Monthly Membership Meeting) on Wednesday evenings from 7:00-8:30 pm EDT.

In conclusion, since I became the Post Commander, I've called a group of Members nearly every day to introduce myself and to get their feedback on how the Post can better support them. If you haven't gotten a call yet, you will in the near future, so now is a good time to go to vfw.org and ensure your phone number is current. Also, my number has a 760 area code and comes up as "Carlsbad, CA," a byproduct of my time at Camp Pendleton. That's me, not a robo call!

Yours in Comradeship,
Nancy Springer, Post Commander

From the President of the Auxiliary:

The National Convention is at the end of July, beginning of August in Kansas City, MO. Any changes in the working of our organization will take place there. If you go to the National website, vfwauxiliary.org, the resolutions to be brought to the floor for a vote are listed. There should also be a link to the Convention floor so those who cannot travel can watch. This year it is very scaled back, as the VFW Store is the only vendor present.

Our Department School of Instruction (SOI) was in July. It was on Zoom, check the VFW Auxiliary Department of Virginia website, vfwauxva.org, for a link to watch. Our first District 10 meeting will be on September 26 at 1 pm with District 10 SOI that same day beginning at 10am at VFW Post 1503 Dale City. This is open to all members. The SOI covers the basics of how we are to function for the coming year and provides the means for anyone to ask questions about our organization. Additional information can be found at the National VFW Auxiliary website vfwauxiliary.org. The resources found there include all of the programs we support from Veteran specific to youth and family initiatives.

Our meetings are on the third Tuesday at 7:30 pm at the Post home. All members are invited and encouraged to attend. The more members, the more ideas of ways to assist veterans and their families. Because of the Coronavirus we are currently meeting

via Skype. If you want to participate, send an email to cg12dc12@outlook.com with subject line Meeting. As I said last month all annual memberships expire on December 31st of this year. Renewing now will ensure your membership continues uninterrupted which maintains your ability to get a Cancer Grant which is worth \$550 with no restrictions on its use. If you need to renew your annual membership, you can send your \$25 check made out to VFW Auxiliary 3150 to Treasurer VFW Auxiliary 3150 at 2116 N19th St. Arlington, VA 22209 or sign up at vfwauxiliary.org/MALTA. There you can renew online using a credit card and update your contact information. This is one way to help your auxiliary and at the same time our programs.

Check out the Post 3150 webpage, VFW3150.org, as we are beginning to reopen. The Canteen manager is looking for volunteers to bartend, and thus increase the hours we are open on a reliable basis. The calendar is beginning to fill with regularly scheduled events.

I look forward to working with the membership. And as always please check on the sick and elderly.

Happy Anniversary and Birthday to those celebrating in August.

Cathy Graham
President VFW Auxiliary 3150

Welcome to Our New Members

Welcome to new Post members Christopher Alexander (Army – CAB / GWOTEM)(Life), Daniel Bilko (Army – several Expeditionary medals), Taft Blackburn (Army – GWOTEM)(Transfer), Jason McNutt (Army – Iraq / Afghanistan / Korea) (Life), Loren Penney (Army – Iraq / Kosovo), Jesse Thietten Army - Afghanistan / Kosovo)(Life), Adam Wasieleski (USAF – Afghanistan, multiple Exped

Medals), Adam Andrews (USAF -), Emily DeVito Navy – Navy USMC Exped Medal), Jose Mercado (Army – Iraq / Afghanistan), and new Auxiliary members, Brice Crackel (Life), Sean Swasey, and transfers Frank Haddock Jr and Al Zodun, all elected at the July meetings, some still requiring documentation. Membership cards for those with completed applications should be arriving in the next weeks.

All American!

In light of the Coronavirus last year, the Commander in Chief removed the requirement to achieve Post Division Qualifying Percentage. If the Post achieved 100% in membership and completed the program requirements listed in the current program, the Post will receive All-American. Thus Post 3150 was awarded All-American status. Congratulations to Past Commander Kick Knowles and his team of officers and members.

U.S. Coast Guard Birthday, 31 July

The Post will celebrate the U.S. Coast Guard's 230th Birthday, starting at 7 pm on Saturday 31 July. All members are invited to participate in this as well as other service birthdays.

Hours for Post Canteen

The Post Canteen scheduled hours as follows
Friday from 6-10 pm
Saturday from 6-10 pm
Sunday from 3-6 pm
Post may extend hours for various events

Veteran Suicide Awareness event

On Friday 6 August, 5:30-6:45 pm, Post 3150 will host the Walk to Honor Forum (Veteran Suicide Awareness event chaired by Greg Washington, USMA '05). This event, proposed by Post member Joe Simonelli, features Veteran Greg Washington who is walking from Mississippi to West Point, stopping off in Washington DC, to raise awareness of Veteran Suicides. Greg would like to lead a panel discussion about Veteran Suicide at the Post on 8/6, his last night in DC. For info about his project, go to <https://gregcWASHINGTON.com/a-walk-to-honor/>

Newsletter via email and Weekly Email

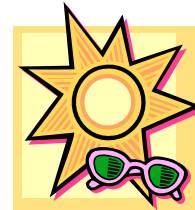
If you are one of the few who still receive a printed newsletter and would like to receive it earlier and in color via an email notice for our website, please send an email to johnlyon3150@gmail.com. You can also receive our weekly email by requesting it at the same John Lyon email.

Sunday Zoom Yoga

Join Zoom Meeting
<https://us02web.zoom.us/j/84794722157>
Meeting ID: 847 9472 2157
Passcode: 024802

Purple Heart Day

Purple Heart Day will be commemorated on Saturday, 7 August at 6 pm.



Use caution in the sun.

Use sun block for sun exposure.

Drink plenty of water.

Rest. Don't Overheat.

Many Members Set to Expire

We start a new membership year on 1 July. Many memberships are set to expire during the next months. Check your membership card for your expiration date and renew if necessary. 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 for Auxiliary). Or send check for \$40 (\$25 for Auxiliary) to Post address on page 1.

In-Person or Skype Meetings

The Post has resumed in-house post meetings; however, the Skype options will continue for members desiring to do so. If you are not attending meetings, but would like to via Skype, Post members email to johnlyon3150.org@gmail.com. Auxiliary members: email to cg12dc12@outlook.com with subject line "Meeting"

Voice of Democracy and Patriot's Pen Themes

The 2021–22 Voice of Democracy theme (High School 9-12) will be “Where Do We Go From Here?” and the Patriot's Pen theme (Middle School 6 – 8) will be “How Can I Be a Good American?” For more info: Voice of Democracy: go to vfw.org/VOD/ or Patriot's Pen: vfw.org/PatriotsPen/ (below VoD)

Comedy and Music Nights

Music Open Mic Night is first Saturday, 5 August, 6 – 10 pm.

Comedy Night will continue on alternate Friday nights, on the first and third Fridays, on 6 and 20 August, 7 - 9 pm.

Update on DC Chefs Giving Back

The meals from DC Chefs Giving Back have been getting great reviews. And for every purchase of a meal for \$10 they will give another meal to an in-need person, veteran or non-veteran. You can sign up to donate and obtain a free meal for yourself. **Meals can be picked up at the Post anytime we are open. (Add \$1 to cover taxes, etc, if you pay at the Post.)** Go to this link to sign-up for a no-cost meal: <https://www.surveymonkey.com/r/cxz3z7l>

More information on DC Chefs Giving Back is on Facebook at https://www.facebook.com/DCCGB/watch_a_meal_preparation_at <https://www.facebook.com/DCCGB/videos/1689318554791994>

New Officer Vacancies at the Post

New Post vacancies include positions of Junior Vice Commander and Officer of the Day. Elections will be held at the August meeting. If interested, contact the Commander at johnlyon3150@gmail.com. Junior Vice Commander is in charge of activities. The Officer of the Day assist with meetings as requested.

Schedule Updates

For the frequently 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](https://www.facebook.com/JohnLyonVFWPost3150), the Post webpage, or in the weekly email. For info on activities, email to johnlyon3150@gmail.com.

Locker Fee Due on 1 September

Members who have a locker at the Post are reminded that the \$40 rental fee is due on 1 August and must be paid by 1 September. You can also rent a locker for six months for \$20. Those not renewing their rental should empty the locker and return the key to the Post. Pay in person at the Post during open hours, by check through the mail, or online at https://www.vfw3150.org/checkout/donate?donate_PageId=5a95ddc29140b7ff7a3e1aa6. Type "locker rental" where it says "fees" under additional information.

Moved? New Email?

Please notify us when you move or change your email! Send an email with your new address or email to johnlyon3150@gmail.com.

Commissary early bird hours and Click2Go5

The Fort Myer-Henderson Hall Commissary has early bird services every day. The Commissary hours are now Monday to Friday from 7 a.m. to 7:30 p.m., Saturday 7 a.m. to 6:30 p.m. and Sunday 7 a.m. to 6 p.m. The commissary also started Commissary CLICK2GO, an online shopping and curbside pickup service you can access from your mobile devices. For full details, visit <https://www.commissaries.com/shopping/click-2-go>.

For additional information on the Fort Myer Commissary, visit the Commissary official website at <https://www.commissaries.com/shopping/store-locations>. (Source: JBGM -HH E-Newsletter, 13 July 2021)

Recent Events Around the Post



GRiST

<<< GRiST (Grains Resulting in Something Tasty) has resumed meeting at the Post following the pandemic. They frequently host fund raisers for the Post and here they present Commander Nancy Springer with a check at their June meeting.

From the John Lyon Past...



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. C.D. “Doc” Crouch was added to the list in 2006 2007. And then in 2012 – 2013 Margo Sheridan (right) was elected State Commander and here she watches as “Doc” Crouch installs his wife, Catherine Graham, as the Department President of the Auxiliary during the State Convention. All three were John Lyon members. This was the first time since 1954-55 that two members from Post 3150 have occupied the top state positions during the same year. Sheridan is also the first female veteran to be Department Commander in Virginia. The two previous State Presidents from Post 3150 were Virginia Dalby in 1950 – 1951 and Winnifred Locke in 1954 - 1955.

VFW 3150

August 2021



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 Zoom Yoga 11 am National Convention Kansas City, MO	2 National Convention, Kansas City, MO	3 National Convention, Kansas City, MO	4 USCG Birthday, celebrated Sat 31 July at 7 pm	5	6 Walk to Honor Forum 5:30 – 6:45 pm Comedy Night 7 – 10 pm	7 Post work Day, TBD Purple Hear Day 6 pm Music Open Mic Night, 6 – 10 p
8 Zoom Yoga 11 am	9 Skype House Committee / Post O Call 7 pm	10	11 GRIST mtg, 7 pm	12	13	14
15 Zoom Yoga 11 am	16 Post Meeting 7:30 pm nominations	17 Auxiliary Meeting 7:30 pm	18	19	20 Comedy Night, 7 – 10 p	21
22 Zoom Yoga 11 a	23	24	25	26	27	28
29 Zoom Yoga 11 a	30 End of Operation Iraqi Freedom & VJ Day Commemo-- ration 5pm	31				



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 2021



US Coast Guard

231st Birthday

4 August 2021



Purple Heart Day

7 August 2021

Coast Guard Birthday ceremonies at 7 pm on
Saturday, 31 July