

The John Lyon Gazette

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March 2022



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



A New Face!

The 100 year old Post 3150 building was recently given a new face with a new round of siding. A benefactor, wishing to remain anonymous, made a substantial donation that is enabling us to complete some long-awaited repairs and improvement, including new siding and a new roof, and to make various improvements inside the building. This funding already paid for the removal of some decaying trees and the large bush in front of the Post. The new roof is anticipated in the upcoming days as the weather improves.



From the Commander:

Hello Comrades and Auxiliary Members—

To begin, I want to welcome Tyler Kelly, our new Canteen Manager! The Post hired him back in December, and he took over Canteen operations a couple weeks ago.

Next, I want to thank everyone who volunteered time and energy this past month maintaining the Post home, leading a Post event or keeping the Canteen open for our fellow Comrades to enjoy. We run on Volunteer power, and I appreciate all you do to help the Post serve our Members and other area Veterans. Reinforcing this theme, I am actively seeking volunteers to join our various Committees. Committees allow a maximum number of Post Comrades to participate in operations that serve our Veterans and the local community. They also enable us to magnify our Outreach efforts by efficiently applying available volunteer power to specific tasks or projects. Post Standing Committees include Americanism, House, Community & Outreach, Relief, Ways and Means, and Membership. Please email me at johnlyon3150@gmail.com so we can get you on a committee that interests you. Also, the Post can size and scope your participation to meet your lifestyle and available time.

You'll be pleasantly surprised if you haven't been to the Post in a while! A couple months ago, a benefactor made a substantial donation that is enabling us to complete some long-awaited repairs and improvements. This person, who wants to remain anonymous, just wants to help Veterans. In the next few months, this person's generosity will allow us will allow us to get new siding and a new roof, and to make various improvements inside the building. This funding already paid for the removal of some decaying trees and the bush in front of the Post that was blocking our sign. The siding is already finished, and I think it looks great! Come over and take a look yourself!

Having the resources to repair our Post Home and attaining our Membership goal six months early frees us to now emphasize Veteran Outreach and Support. To that end, Comrade Gottschalk connected with several local Student Veteran Associations, and they asked to join our Memorial Day activities. Also, VFW National recently announced a couple programs that may provide additional partnership possibilities with these Veterans. Both the ongoing United to Combat Hunger (UTCH) matching grant program and the inaugural VFW Day of Service on 7 May are possible collaborative opportunities in which we may incorporate the Student Veterans and our other partners. Additionally, JBMHH sponsors a variety of ready-made volunteer opportunities serving the local military community. An example is their monthly MilFam Market for which volunteers package and distribute fresh produce and non-perishable foodstuffs to eligible recipients. We'll disseminate the details about these Outreach opportunities at the monthly Post Membership meeting, on the Post social media platforms and in the weekly All Hands email, so stay tuned for more information!

In March, we'll take nominations for the next slate of Post Officers in preparation for the April elections. All positions will be available, except those that have automatic succession pathways (e.g., the 3-year House Committee Member automatically succeeds the 2-year House Committee Member, etc.). Please consult either the Post SOP or the incumbent in the position that interests you to learn its duties, typical workload and ongoing projects. I encourage all interested Comrades to take the plunge and run for a Post leadership position. You won't regret it!

I hope to see you at the Post this month participating in one of our activities or just enjoying the Canteen!

Yours in Comradeship,

Nancy Springer, Commander, VFW Post 3150

From the President of the Auxiliary:

It is hard to believe that we are two years dealing with Covid-19. Our normal routines of work, school, play have been slowly allowed to return, however; it feels as if we just started, yet we have four more months to go for this current Auxiliary year. Our scholarship opportunities are not yet finished for the year. The Young Creative Patriotic Scholarship (due by March 31st) is open to students in grades 9-12. The rules and application for this scholarship can be found at vfwauxiliary.org/scholarships. The Youth Program "Illustrating America" (due by March 31st) is open to students in grades Kindergarten to 8. The rules and application for this contest can be found at vfwauxiliary.org under Program & Publicity Resources. Scroll down to Youth Activities.

The Auxiliary will elect new officers at our April meeting. All positions are open. **Help Wanted:** to promote the VFW Auxiliary aims of fraternity, patriotism, history, charity and education.

Experience: None required but a willingness to volunteer, learn and explore how the VFW Auxiliary works to fulfill those aims.

Education: None required, but willingness to read the Bylaws and Rituals of the National Organization.

Job Description: VFW Auxiliary 3150 is seeking those willing to volunteer to take a position in the running of our organization. All positions are available and the commitment is for one year. Those taking part make decisions about the different way we can operate within the parameters of the National Organization published in our Bylaws and Ritual books.

Membership requirements: Must be 16 years of age, family member of a veteran eligible to join the VFW. Family members are limited to child, sibling, spouse, parent, and grandparent.

Contact: President Cathy Graham at cg12dc12@outlook.com, or Treasurer Jodie LaFreniere-Dajc at jodiedajc@yahoo.com.

The President presides over the meeting. The Senior and Junior Vice Presidents assist the President and preside over the meeting if the President is absent. The Treasurer is responsible for all monies and membership. The Secretary is appointed and keeps the minutes of the meeting. The 3 trustees, who can hold two elected positions, audit the books and approve receipts turned in for approved Auxiliary expenses. The Chaplain provides the opening and closing non-denominational prayers and is on the hospital committee. The Conductor/Conductress assists the President and sets up the room for the meeting. The Guard checks dues cards. The Patriotic Instructor is appointed and shall instruct in the proper use of and salute to the Flag. More information can be provided beyond these thumbnail sketches by contacting current officers.

Annual membership dues are now being accepted. If you did not renew before December 31, 2021, you are not eligible for the \$550 Cancer grants. You must be a member for 1 year for this valuable membership perk. You can pay our treasurer, Jodie LaFreniere-Dajc, at the post address by \$25 check or go to the National Auxiliary website and pay by credit card. If you have not received your card within two months let Jodie or myself know. You can email me at cg12dc12@outlook.com. Also, if you have a neighbor or friend who is eligible, the application is on the National website or send me an email with their contact information.

With the change in weather patterns this year, watch your step and stay safe in whatever the weather throws at us. As always check on the sick and elderly. Happy Anniversary and Birthday to those celebrating in March.

Cathy Graham

President VFW Auxiliary 3150

Welcome to Our New Members

Welcome to new Post members) Michael Stokes (Navy – Desert Storm)(transfer)*, Paul Weber (Army – Iraq / GWOTEM)(Life Transfer)*, Maureen Schafer (Army – Iraq / Korea)*, Dustin Gabus (Army – Iraq), and John Petkosek (...) (Life transfer), all elected at recent meetings. Some still needing to provide documentation.

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

Special additional hours. See calendar or below.

Post Open Additional Hours

The third complete week every month, the Post canteen will be open from 4 – 7 pm Monday – Thursday, this month 21 – 24 March.

Schedule Updates

For the frequently updated openings, hours, end events, go to our post website at vfw3150.org and click Calendar or Announcements, to our Facebook page at John Lyon VFW Post 3150, or check our weekly email. Or for info on activities, email to johnlyon3150@gmail.com or call 703-525-0108 during open hours.

In-Person and Skype Meetings

We are currently meeting in person and via Skype. If you are not attending meetings, but would like to via Skype, send an email to one of the following to get access. Post members: to johnlyon3150.org@gmail.com. Auxiliary members: to cg12dc12@outlook.com with subject line “Meeting” New VFW Post members since February 2020 who have not received their VFW lapel pin are encouraged to attend in person to receive one.

New Officers to be Selected

Post officers for the Year 2022-2023 will be nominated during the March meeting and elected in April. All members are urged to consider one of the positions. Contact the Commander or one of the other current officers for more information on the positions. All positions are open to be filled. The elected positions and some of their areas of prime interest are commander, senior vice commander (membership), junior vice commander (activities), quartermaster (accounting/finance), chaplain, three-year trustee (oversight), Additionally, there are appointed positions such as adjutant (admin), advocate (parliamentarian), surgeon (welfare and hospital), officer of the day, guard, historian, and publicity chairman to be filled.

The VFW Auxiliary will both nominate and elect new officers during their April meetings. Contact the President or one of the other officers for further information or see President’s column above.

Many Memberships Set to Expire

We started 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.

Bring Your Membership Card

Members of the Post and the Auxiliaries are reminded to show their membership cards to the on-duty manager when entering the Post home.



National Vietnam War Veterans Day is March 29

The Post will commemorate National Vietnam War Veterans Day on 29 March. Living U.S. veterans who served on active duty in the U.S. Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of location, are eligible to receive one lapel pin (above).. The Post has a number of pins. Qualifying vets can stop by the Post Sunday, 27 March from 3 – 6 pm.. The vet can also receive one by mail by going to https://www.vietnamwar50th.com/about/vietnam_veteran_lapel_pin/ The Post is also expected to have a ceremony, TBD. Watch the weekly email or Facebook for info.

Trivia and Board Games Nights

Trivia Night continues on the second Friday of the month, 11 March, at 7:30 pm at Post 3150. And Board Games Night will start at 6 pm on third Saturday: 19 March. Bring your favorite board game or play one of ours.

Have You Moved? New Email?

Post and Auxiliary members, if you are not receiving the VFW magazines, please send an email with your new address to johnlyon3150@gmail.com. Also notify us if you have a new email address. Army.mil addresses are bouncing back.

Tenth District Meeting, 20 March

The Tenth District Meeting will be held on Sunday, 20 March, at Dale City Post 1503, 14631 Minnieville Road, Dale City, phone 703-670-4124. Meeting will begin at 1 pm, with lunch at 12:00 pm. All VFW and Auxiliary members are invited to attend this meeting. District awards are expected for VoD, Patriots Pen, and Teacher of the Year winners, possibly others



**Longer Days,
March Winds.
Watch out for
children playing
outdoors.**

Tax Scams

It's income tax time again and the scammers are trying to get the rest of our money. The government does NOT do business via the phone or email. Do NOT respond to phone or email requests for your bank account, social security number and other similar info. And your SSN will never be suspended! So, any calls saying that are a scam. And the IRS will never send you an email; those are also scams.

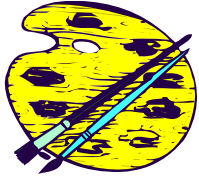


The Post schedules a Post Work each month to tackle some aspect of the Post needing attention. In this photo (l-r), Wayne Bertino, Nick Knowles, John Dingeman (back to camera) and Fritz Gottschalk work on Post video and lighting systems on a recent work day.

Artists, Students

The following is an overview of remaining VFW Auxiliary programs and contests for artists and students.

VFW Auxiliary's Young American Creative Patriotic Art Contest: grades 9 - 12. Deadline is



March 31, 2022. Go to <http://www.vfwauxiliary.org>, then Scholarships, then Young American Creative Patriotic Art Brochure.

Follow above link to see winners since 1979, including last year. There is an art program for K-8 called **Illustrating America**. The deadline for this program is also March 31 to the Auxiliary. Information for can be found at the National website under What we Do, then Youth Activities, then Illustrating America

Two additional Auxiliary Contests

“Get Excited for the Red, White and Blue!” An individual national anthem singing contest for youth ages six to 16 at the time of local entry, and a U.S. citizen or U.S. national. Youth learn the words to “The Star-Spangled Banner” while expressing their creativity. The contest highlights the vocal talent of young people while promoting patriotism. The first-

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Volunteer Opportunity: Monthly USO MILFAM Market & Comm. Service Project

On the third Thursday of each month, the USO-Metro will conduct their MilFam Market event on Joint Base Myer-Henderson Hall (BM-HH). This event provides fresh produce and non-perishable goods free of charge to active duty military families, veterans, retirees, reservists, and National Guard.

Volunteers are needed to assist with this event. Volunteers will prepackage items and then provide items to drive up/ walk up clients, assist with customer surveys, help unload delivery truck, set-up for event, receive safety briefing, safely distribute items to customers, then clean-up area at end of the event. All volunteers and staff participating will receive on the spot training and a safety briefing before event begins.

WHERE: The parking lot across from the JBM-HH Community Center, Bldg. 405. Item delivery will be by contactless drive through and through designated walk-up service line.

WHEN: 9:00am-12:30pm for volunteers (Event time is 10:30am-12:00pm) on the third Thursday of each month in 2022.

Volunteers will arrive at JBM-HH Community Center at NLT 9:15am to meet up with Ms. Carla Moss or Mr. Dencil Harrison.

All staff and volunteers will wear appropriate, comfortable casual wear with closed toe footwear. Appropriate cold weather and outer wear and gear is encouraged due to constant changes in outdoor weather. Gloves and masks/face coverings will be worn at all times and social distancing will be observed by all.

To volunteer call: Ms. Carla Moss at 703-655-6091.

place winner from each state competes for national awards totaling \$2,000.

“Illustrating America” A patriotic art contest for elementary and middle/junior high school students that encourages students’ artistic abilities and rewards their hard work. It’s fun to see how our youth see the world through their drawings and paintings. The contest consists of three grade divisions: 1-2, 3-5 and 6-8. There is one National winner in each grade division, with awards for first, second and third place in each grade division. See the first- through third-place 2019-2020 National winners in each grade division.

Deadline for above two contests is 31 March at the local Auxiliary. More info can be found directly at: <https://vfwauxiliary.org/what-we-do/youth-activities/>

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). Forms and information may also be obtained at <http://www.vfwva.org/>, then Programs. Email adjpost3150@vfwva.org for further info.

Voice of Democracy and Patriot's Pen Awards



(left) James Cribb receives a participation appreciation certificate from Commnder Nancy Springer. (right) Collin Berke receives the Second Place award for Patriot's Pen.



(left) Genevieve Cribb receives the First Place Patriot's Pen award. (right) Chuhee Lee receives the First Place Voice of Democracy award.

When COVID Omicron spread earlier this year, the Post cancelled the larger awards ceremonies of previous years and made the presentations with only the winners and their family members and a few Post members attending.

Recent Events Around the Post



Trivia Night

<<< Moderator Mike Cantwell (right foreground) directs player to the TV screen showing questions, while trivia players zero in on questions during the Post's monthly Trivia Night, on the second Friday of the month.

Auxiliary 3150's Birthday

President Cathy Graham and Chaplain >>> Dennis Gerrity cut the cake marking Auxiliary 3150's 87th Birthday. Several more members watch via Skype on the PC screen while two Post members, including Post Commander Springer watch from the hall. The Auxiliary was chartered 21 February 1935, three months after the Post.



Team Rubicon Brief

<<< VFW Post and Team Rubicon member Evan Farley (right) recently gave a presentation on [Team Rubicon](#), of which he is a local volunteer leader. The non-profit, which was founded by veterans in 2010, serves communities by mobilizing veterans to continue their service, leveraging their skills and experience to help people prepare, respond, and recover from disasters and humanitarian crises. We encourage you to consider Team Rubicon as a volunteer opportunity. Evan Farley's presentation can be found [here](#).



VFW 3150

March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 GRiST mtg, 7 pm	10	11 Trivia Night, 7:30 pm	12
13 Daylight Saving Time Begins	14 House Committee / Post O Call 7 pm	15 Auxiliary Meeting 7:30 pm	16	17 St Patrick's Day	18	19 Board Game Night, 6 – 9 pm
20 District 10 Meeting, Dale City Post 1503, 1 pm	21 Post Mtg 7:30 pm Special Post Open Hours 4 - 7 pm	22 Special Post Open Hours 4 - 7 pm	23 Special Post Open Hours 4 - 7 pm	24 Special Post Open Hours 4 - 7 pm	25	26
27	28	29 National Vietnam War Veterans Day, TBD	30	31	Post Open 6 – 10 pm Friday and Saturday 3 – 6 pm Sunday Special Hours Third Week	

1 March: Deadline Scout of the Year Nominations

31 March: Youth Patriotic Art & K-8 Art deadlines



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

March 2022

The VFW National Home for Children recently celebrated its 97th birthday. The home offers a once in a lifetime opportunity for honorably discharged veterans, active duty military, or descendants of a VFW/Auxiliary member. After being accepted into their program, families can accomplish significant life goals by receiving the following support:

- Case management services to help set up family plans and goals.
- Educational, recreational, and enrichment opportunities.
- Community resources and counseling.
- Free housing and daycare.

If you meet a veteran family in need, please encourage them to call the Military & Veteran Family Helpline at **800-313-4200** or visit <https://www.vfwnationalhome.org>. The friendly staff at the National Home for Children will help determine if this program is right for them and their family.

You can help connect families in your community to this ONCE in a lifetime opportunity!

The VFW National Home is located on a campus at Eaton Rapids, Michigan. Learn more at <https://www.vfwnationalhome.org>

