

The John Lyon Gazette

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June 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



VFW Medal for AF / Space Force Cadet

(left) Post 3150 Commander Nancy Springer presents the VFW Award to VA-821 Cadet Wendy Reyes at the AF JROTC Awards Night at the Arlington Career Center. Post 3150 has awarded the VFW Medal at VA-821 for at least the last 32 years. The event was the final activity for the Air Force Junior ROTC unit, VA-821. The unit was selected from almost 900 high school units to be one of the first ten units selected to be a Space Force program. (above) The Space Force representative, Col Matthew Allen, passes the Space Force flag to Commander C/LtCol Katherine Kraft during the Space Force Activation ceremonies. VA-821 has been awarded multiple high level awards during the last years. Fittingly, their motto is “The best never rest!”

From the Commander:

Hello Comrades and Auxiliary Members,

I want to thank you for the privilege of serving as your Post Commander! It was an awesome, yet unexpected, opportunity that I will always cherish! I thank the entire team for its commitment and hard work. This year, you supported our Veteran and active duty communities, provided a welcoming environment for our new Comrades and Auxiliary members, and commemorated numerous historical events, keeping them alive for today's generation. I thank everyone who volunteered time and energy leading Post events, running the Canteen, and maintaining the Post Home. Also, I thank the Auxiliary for keeping a focus on Veteran families and connecting with the infirm, either in person, when possible, or by phone. Last, but certainly not least, I want to extend a big "thank you" to our immediate Past Commander Nick Knowles for situating the Post in such a strong position at the end of his term.

There were many changes at the Post this year. Due to substantial donations from a very generous benefactor, we were able to complete several long-needed, substantial repairs on our Post Home. I thank Comrade Fritz Gottschalk, leading the House Committee in systematically and methodically identifying and fixing the myriad maintenance challenges in our 100+ year old building. We should now be able to remain at our Post Home for many years to come! DC Chefs Giving Back joined us last June and has fed hundreds of our food insecure neighbors and Veterans with meals they prepared in the Post kitchen. Comrade Reuben Cuenca connected with local Student Veteran Associations, the source of the next generation of VFW and Post Members, to inform them about the Post and to collaborate on future Veteran support projects. Quartermaster Jim Bertine initiated a savings program for both the general fund and the relief fund that should set up the Post for financial growth in the coming years. Comrade John McCarthy led two very successful Buddy Poppy distribution events that substantially replenished our relief fund. The Post also welcomed its first paid employee in several years, Canteen Manager Tyler Kelly, who, along with our volunteer bartenders, kept the Canteen up and running! Through it all, Adjutant J. Gary Wagner kept us on track, sending out the weekly informational email and recording our history, as well as ensuring recognition of our area's outstanding students and exemplary first responders. Plus, he created yet another beautifully done Community Service Book that I encourage everyone to view when we bring it back from the State Convention!

All of you also substantially grew the Membership this year! Now it's time to capitalize on our new Comrades' enthusiasm and get them involved in Post activities. Encouraging them to learn how to tend the Canteen bar would help relieve the current critical shortage of bartenders and maintain the Canteen as a welcoming place for camaraderie and fun. Plus, it's a great way for a new Comrade to meet other Post Members and to learn the business end of the Post's operations. Inviting them to join a Committee is also a great way to channel their enthusiasm and energy for the benefit of all our Comrades and to make a substantial impact on the Post.

As we wind down and reflect on this past year, we must also look ahead to the next. We now have a Post Strategic Plan that will provide a framework within which Commander-elect Wong's team can build next year's Post's programs. I wish the new leadership team all the best as Commander-elect Wong and his team take the Post to the next level in all areas. I'm definitely excited for our future!

Yours in Comradeship,

Nancy Springer, Commander, VFW Post 3150

From the President of the Auxiliary:

As you read in the John Lyon Gazette the April election had many of the same people staying in the same position. I would like to thank Jodie, Shirley, Wauleah, Gail, and Dennis for stepping up and taking offices with me.

Congratulations to Sam Wong on being elected Post 3150 Commander. I know he and his team will continue the work started this past year to reinvigorate the Post and Auxiliary and help to restore the 100-year-old building so it lasts another 100 years.

June is a time of ending the current year as far as the VFW Auxiliary Calendar goes, while July starts the beginning of the new year. In order to get more participation, I am requesting all Auxiliary members to consider a time at which they can participate in our meetings and generate activities that will promote good fellowship amongst the membership and our VFW Comrades. If you will send me an email, cg12dc12@outlook.com, write to the Post, or call me (703-319-0845) with a day and time that you will be able to participate, we can change the meeting time and day that will give us a shot at maximum participation. We want to be more inclusive and want the energy new and younger members can provide. Yes, there are programs we must participate in, but there is more to do than the bare bones of the programs. So, if it is important for you to remember your loved one under who you joined, then let us hear your voice. When I first joined it was the interaction of many disparate voices that made the organization so strong.

The June Convention closes out our year, and yes, the possibility of getting recognition for the work we did all year is gratifying. That is not the only reason we do the work. It promotes citizenship in our youth, recognizes our veterans, and gets us known in our community.

As always check on the sick and elderly. Happy Anniversary and Birthday to those celebrating in June.

Cathy Graham

President VFW Auxiliary 3150

All State / All American

Post Commander Nancy Springer received a phone call that the Post was named All State for the year 2021 – 2022. It was the 30th time Post 3150 was so named in the last 59 years since the program began. The Post has also met the requirements to be named an All-American Post this year. It will be the sixth time the Post has received this highest VFW award.

Installation of New Officers

Installation of new officers for the next year will be divided again. Post officers will be installed in person on Sunday, 29 May. The Auxiliary installed at their meeting on 17 May.

Welcome to Our New Members

Welcome to new Post members, Bradley Buick (USMC - Afghanistan)(transfer), Kent Carter (Army – Afghanistan)(Life), Michael Chiaia (Army – Afghanistan)(transfer), David Edson (Army – Afghanistan), Michael Howard (Navy / SSN Deterrent Patrol)(Life), Michael Leyba (Army – Desert Storm)(Life), Kevin Ryan (USMC – Afghanistan)(transfer), and Julius Spain Sr (USMC / Iraq / Somalia), all elected at the May meeting.

Happy Father's Day ... to all of our Fathers and husbands on-19 June! Wherever you are, you are close to our hearts.

Marching Off...



Margo Sheridan was reported deceased by the VFW Department of South Carolina via Department of Virginia. Margo was Post 3150 member and Virginia State (Department) Commander in 2012-2013 and was the first (and only) female state commander in

Virginia. She had the unique opportunity to be Commander with fellow John Lyon member Cathy Graham who was State Auxiliary President at the same time.

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 20– 23 June.

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.

Trivia and Board Games Nights

Trivia Night continues on the second Friday of the month, 10 June, at 7:30 pm at Post 3150. And Board Games Night is pending.

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 Voice of Democracy and Patriot's Pen Themes

The 2022-2023 themes have been chosen by the VFW Senior Vice Commander. The Voice of Democracy theme (High School 9-12) will be "Why is the Veteran Important?" and the Patriot's Pen theme (Middle School 6 – 8) will be "My Pledge to Our Veterans". Prizes are awarded at post, district, state and national levels and can go as high as \$30,000. For more info: Voice of Democracy: go to vfw.org/VOD/. Patriot's Pen: vfw.org/PatriotsPen/ (below VoD).

Convention Time!

All conventions open to all members.

State Convention

The Department of Virginia's state convention will be held 9 – 12 June 2022 at the Renaissance Portsmouth -Norfolk Waterfront Hotel, 425 Water Street, Portsmouth VA,. For reservations call 1-888-839-1775. Room Rate: \$129.00. Group name "Virginia VFW". Reserve room by 9 May 2022 to insure group rates. Or use reservation link in April General Orders. (www.vfwva.org, then NEWS)

National Convention

The 123rd National Convention is scheduled for Kansas City, MO, July 16 - 21, 2022. The assigned hotel for Virginia is Crown Plaza. Kansas City Downtown. Special Room rates are available until 13 June. For info or to reserve, go to <https://www.vfw.org/Convention?sec=4>.

Sunday Zoom Yoga

Join Zoom Meeting

<https://us02web.zoom.us/j/89586492296>

Meeting ID: 895 8649 2296

Passcode: 779201

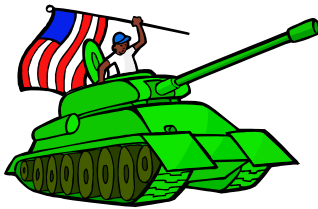
No experience required, no expectations or competition; do what you are able to do.



**Summer Days.
Watch out for children
playing outdoors.**

Have You Moved? New Email?

John Lyon Post and Auxiliary members, if you are not receiving your VFW magazines, please send an email with your new address or email to johnlyon3150@gmail.com.



**Flag Day, Army Birthday,
12 June**

While both official days are on Tuesday, 14 June, the post's observance of Flag Day and the U.S. Army's birthday will begin about 4 pm on Sunday 12 June. In previous years, John Lyon members from all services gathered for the first of the service birthdays and continued this tradition throughout the year

A John Lyon hello...

To two-time Past 3150 All American Commander Nelson Betancourt, who moved to Florida and found himself elected as his new post's Senior Vice Commander. Is Commander next?



Did you know?

Veteran Compost DC, a veteran-owned business, collaborates with the Post 3150-hostsd DC Chefs Giving Back, a nonprofit that distributes Chef-prepared individual meals to the community food insecure population, to produce compost from previously discarded food scraps. Each pound of composted food scraps is approximately one pound of the CO₂-equivalent of greenhouse gases NOT released into the atmosphere. The Chefs produce approximately 40 pounds of compostable food scraps per week.

Facebook

**Join us on Facebook to get the latest
Post info:**

John Lyon VFW Post 3150

Members Set to Expire

Several memberships are set to expire during the next month. 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.

Email Distribution

If you are not receiving the Newsletter or the Weekly Email by email and you would like to receive it that way, send an email to johnlyon3150@gmail.com.



**Drive safe:
Summer means
longer days and
more kids
outside.**

Karaoke Returns

The Post will host a karaoke session on Friday, 24 June from 8-10 pm. Come on out and test your vocal skills.



Trivia Night Gaining Traction

The Post Trivia Nights attract more folks at every session. Above are the players attending at the May event.



A New Roof

We told you about the new siding on the Post home, but a new roof was also recently completed thanks to an anonymous benefactor. Seen above is some of the work and the nearly completed job.

Recent Events Around the Post



VFW Day of Service: AFAC II

<<< Post members and neighbors volunteered for the second time this Spring at the Arlington Food and Assistance Center as part of the VFW Day of Service. Seen (l – r) are Evan Betler, Sara Betler, Mike Leyba and Clement Ezeanii. Not seen is photographer Nancy Springer. Evan & Sara Betler are Post neighbors and their inclusion enhances the Post’s relationship with the people living in the neighborhood. During the event the group transferred bulk produce into family-sized packages for Arlington’s food insecure.

VE Day

Jim Bertine led a very informative >>> remembrance ceremony to commemorate the end of fighting in Europe during World War II.



Buddy Poppy Drive

<<< In the week prior to Memorial Day, the Post held a Buddy Poppy drive at the Commissary at Myer -Henderson Hall. Seen here on the first day are Nancy Springer and John McCarthy among the volunteers helping out. Buddy Poppies are also available in the Post Home.



Post Officers 2022 - 2023...

				
<p>Sam Wong Commander US Army Iraq / Korea Bosnia / Kosovo</p>	<p>Chris Alexander Senior Vice Cmdr US Army CAB / GWOTEM</p>	<p>John Dingeman Junior Vice Cmdr US Air Force Iraq / Afghanistan</p>	<p>James Bertine Quartermaster US Navy Vietnam</p>	<p>C.D."Doc" Crouch Chaplain US Navy Vietnam</p>
				
<p>Marc Koblentz Advocate US Air Force Korea GWOTEM</p>	<p>Surgeon and 1 Year House Committee: TBD</p>	<p>Nancy Springer 3 Year Trustee US Marine Corps Iraq / Afghanistan DesertStorm/Korea</p>	<p>Nick Knowles 2 Year Trustee US Army Iraq / Korea Desert Storm</p>	<p>Eric Ganser 1 Year Trustee US Marine Corps Iraq / Afghanistan Bosnia / Kosovo</p>
				
<p>Fritz Gottschalk 3 Year House Com US Army Iraq / Afghanistan</p>	<p>John McCarthy 2 Year House Com US Army Iraq / Afghanistan Korea</p>	<p>Clement Ezeanii Service Officer US Army Korea</p>	<p>J.Gary Wagner Adjutant US Air Force Korea</p>	<p>Cathy Graham President VFW Auxiliary U.S. Navy</p>

VFW 3150

June 2022



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2	3	4
						G4V, 11 am
5 D-DAY, 4 pm Yoga via Zoom, 11 am	6	7	8 GRIST meeting, 7 pm	9 State Convention, Portsmouth	10 Trivia Night, 7:30 pm State Convention, Portsmouth	11 G4V, 11 am State Convention, Portsmouth
12 Yoga via Zoom, 11 am Army B'day / Flag Day, 4pm State Convention, Portsmouth	13 Officers Call / House Committee, 7 pm	14 FLAG DAY	15	16	17	18 G4V, 11 am
19 FATHER'S DAY Yoga via Zoom, 11 am	20 Post Meeting 7:30 pm Special Open Hours 4--7 p	21 Aux Meeting 7:30 pm via Skype Special Open Hours 4 -7 p.	22 Special Open Hours 4: -7 pm.	23 Special Open Hours 4 -7pm	24 Karaoke Night, 8 - 10 pm.	25 G4V, 11 am
26 Yoga via Zoom, 11 am	27	28	29	30	Tentative: 4th of July: Bell Ringing 1:50 pm Cookout TBD.	

www.vfw3150.org, johnlyon3150@gmail.com, or 703-525-0108 for information



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

June 2022

Flag Day, 14 June 2022



Flag Act of 1777: June 14, 1777, the Continental Congress passed the first Flag Act. It read: “Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation.”

Act of April 4, 1818, provided for thirteen stripes -- representing the thirteen original colonies, and one star for each state, to be added to the flag on the Fourth of July following the admission of each new state. Signed by President Monroe.

In 1916, President Woodrow Wilson announced during his Memorial Day address, that June 14th of each year would be celebrated as Flag Day.

NOTE: Flag Day and US Army birthday will be celebrated at 4 pm on Sunday, 12 June.