

The John Lyon Gazette

Volume 27, Number 8

March 2023



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

Marching Off...



Richard R Hoffman, 73, on 22 February, in Alexandria, after a long illness. Richard was Marine who served in Vietnam. An example of irony and Marine determination, Richard held out until it was exactly 55 years after he, as a young Marine serving with Lima Co., 3/5, was critically wounded during the Battle of Hue in Vietnam. Air Evaced to the U.S., in subsequent years he would celebrate it as his "Alive Day".

Richard was an All-State Post Commander in 2002-2003. His wife, Gail, was President at the same time; they were the only husband-wife team to lead Post 3150 since 1975-76. Together they earned the National Outstanding Community Service Award in 2003 and received the sign seen above, the only time Post 3150 has received that award. The sign currently hangs on the Post front door.

Richard was also All-State Quartermaster **TEN** times between 1999 and 2013. He received the Virginia Quartermaster of the Year Award in 2011. And twice was an All-American Quartermaster. He also initiated the post's first website and made a number of changes to Post processes. As Past State Commander "Doc" Crouch put it, Richard "made a terrific impact on the Post over a large number of years." He will be greatly and sadly missed. Burial information is not yet available.

From the Commander...

Greetings VFW 3150 members! 2023 has already gone off to a great start!

As of right now, we are 3 members away from reaching 100% VFW All-American this year. Our goal is 677 and the deadline is 30 June. Keep up the good work recruiting and signing up new members to our group.

Also, please join me in congratulating our very own Jonathan Beddall on his promotion to Brigadier General, US Army. He is now our highest ranking bartender and make sure you don't give him and Shawnta a hard time at the canteen! Thanks for inviting the VFW family to the Pentagon ceremony and choosing the VFW to celebrate with your family and friends.

Another shout out to my valued friend and Army officer, Jennifer Smith on your 20+ retirement from active service. Best of luck to you and Greg in your next chapter! We will be sure to continue our friendship for many years to come.

Finally, thanks to VFW Leesburg and all District 10 VFW's and HQ for your clothing donations to the earthquake victims in Turkey. I took the initiative to gift 200 sets over to Embassy of Turkey as their diplomatic staff prepared the first shipments of aid.

Thank you all for all your contributions to VFW 3150 and the community. My goal this year is to improve our VFW's performance in providing veteran's assistance through partnership with the various Veterans Services Organizations especially The Military Veterans Of Arlington County (MVAC), VFW National Rep Cody Mangold at Ft. Belvoir, and Aimee Stoddard at Serving Together. This is what our organization is all about and let's make the VFW Great Again!

Sincerely,
Sam
Commander, VFW Post 3150
Johnlyon3150@gmail.com

From the President of the Auxiliary...

Springtime is just around the corner and will be welcome after this strange winter season. April is the time to choose new leaders for our Auxiliary. If you are interested in any position from President, Senior Vice, Junior Vice, Secretary, Treasurer, Conductor/ress, Guard or Trustee contact me at cg12dc12@outlook.com or come to the March or April meetings. To maintain the good shape our Auxiliary is in, we need new blood to hold offices. Some of our behind-the-scenes workers have been holding one office or another for the last 20 years. Specifically, I am talking about Gail Hoffman, our current chaplain. Another behind the scenes worker is Jodie LaFreniere-Dajc our current Treasurer. She assumed that office so I could continue to be the President and Secretary. Gail and Jodie have stepped up the last few years to perform both roles after I decided to take the office of President. If no one had stepped up to be President, our Auxiliary would be forced to close. Having more people involved means more people understanding the role we play in the VFW. I too have been performing one role or another for this Auxiliary since 1997. Yes, we have the history behind us, but new ideas and ways of doing things are the way to keep up with the changing times. If a change in date and time of our meeting will help, come, and let us know, we are flexible.

The last scholarship for high school students is the Patriotic Art Contest featuring both 2-D and 3-D formats. The deadline to the Auxiliary is March 31st. There are brochures available on line at vfwauxiliary.org under Scholarships.

As always look out for the elderly, the sick and those living alone; Happy Birthday and Anniversary to all those celebrating in March.

Loyally yours,
Cathy Graham
President, VFW Auxiliary 3150

Welcome to Our New Members

Welcome to new Post members, Jonathan Beddall (Army – Iraq / GWOTEM / CIB)(transfer)*, Felicia Blair (Iraq – USAF / AF EXPED w/Gold Border)*, David Collins (Army – Iraq / GWOTEM)(transfer)*, Mark Daniels (Army/USSF – Iraq / Afghanistan X3 / Kosovo)(transfer)*, Shawnta Difalco (Army – Iraq / GWOTEM)(transfer)*, Anthony Johnson (USMC – Iraq / CAR)*, Udit Minocha (Army – Iraq / Kosovo) (transfer)*, Julie Shelley (Army – Iraq X4 / GWOTEM)*, Christian Erlenbusch (USMC - Iraq X2 / Afghanistan), Kelly Nebel (Army – Iraq / Afghanistan)(Transfer), Higinio Maldonado (Army – Iraq), Nicholas Ramsey (Army - Iraq / CAB)(reinstatement), all elected at the February meeting. Membership cards for those with completed applications (*) should be in the mail.

New Officers to be Selected

Post officers for the Year 2023-2024 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.

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.

State VFW to Celebrate 100 Years

A Virginia Department Centennial Celebration will be held on Saturday, 4 March at Post 1503 in Dale City from 1500-1800. Due to the proximity of DC and the timing of the VFW National Legislative Conference, most all of our National officers will be in attendance. Here is a link to Eventbrite: <https://VFW VA 100 DaleCity.eventbrite.com>. Please RSVP there if you plan to attend so that we can get a good headcount. VFW and Auxiliary members are invited to one of seven such celebrations to be held throughout the state. (Source: District and State announcements.)

HillVets Mixer, 2 March

This month's HillVets mixer is scheduled for Thursday 2 March, from 5:30-7:30 at Casta's Rum Bar, 1121 New Hampshire Ave NW, Washington. HillVets' focus is assisting veterans in finding what they call "their second service", helping them find fellowships, internships, and skill bridge opportunities, as well as sponsoring/facilitating networking events.

**JOHN LYON
VFW POST 3150**

ADOPT
A
HIGHWAY

VFW
JOHN LYON POST 3150

HIGHWAY CLEANUP

WHEN: SATURDAY, MARCH 11, 2023
TIME: 9:00 AM
ADDRESS: 2116 19TH ST N, ARLINGTON, VA 22201
POINT OF CONTACT: LIANORA AT L.AREEVONG@GMAIL.COM
UPDATES VISIT: [HTTPS://WWW.VFW3150.ORG](https://www.vfw3150.org)

Sign-up today!

**VFW Auxiliary's Young American Creative
Patriotic Art Contest:** grades 9 - 12. Deadline is
March 31, 2023. Go to <http://www.vfwauxiliary.org>

Tutubi Band

Tutubi Band will be playing on the second Saturday of the month to provide some musical entertainment to Post members and friends. Next is 11 March, at 7 pm. Their playlist is heavy on 1960s and 1970s music and they play for tips and appreciate your generosity.

Awards Day, 18 March

As the risk of COVID has diminished, the Post will present its annual awards at 2pm on Saturday, 18 March. Awards will be presented to our winners in Voice of Democracy and Patriots Pen contests, as well as for Teacher of the Year, Law Enforcement, Firefighter and EMT. John Lyon members are welcome to attend. (Snow day following week).

Tenth District Meeting, 26 March

The Tenth District Meeting will be held on Sunday, 26 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.

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 from our website via an email notice, please send an email to johnlyon3150@gmail.com. You can also receive our weekly email by requesting it at the same John Lyon email. And to change your email address.

Friday Night Trivia

Friday Night Trivia will be held on the second Friday of the month for about an hour. Next it will be on Friday, 10 March at 7:30 pm.

Sunday Zoom Yoga, 11 am

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

Meeting ID: 895 8649 2296

Passcode: 779201

No experience necessary. Do what you can do.



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

In-Person or Skype Meetings

The Post has resumed in-house post meetings, but the Skype option 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@gmail.com. Auxiliary members: email to cg12dc12@outlook.com with subject line "Meeting".

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 Malt. Or send check for \$40 (\$25 for Auxiliary) to Post address on page 1.

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.

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

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.

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.



National Vietnam War Veterans Day is March 29

The Post will commemorate National Vietnam War Veterans Day at 7 pm 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 will have pins available during ceremony. Qualifying vets can also stop by the Post Sunday, 26 March from 3 – 6 pm for a pin. The vet can also receive one by mail by going to https://www.vietnamwar50th.com/about/vietnam_veteran_lapel_pin/

Guitars for Vets

<<< Guitars for Vets (G4V) holds instruction classes at Post 3150 on many Saturday mornings. They instruct vets on playing the guitar and getting a new technique to combat PTSD or other conditions. A recent graduate Clifton Hoffler achieved graduation from the G4V program and received a new guitar from newest instructor Joe Eddins. Cliff served 21 years in the US Army participating in Operation Desert Shield/Storm, Operation Iraqi Freedom and Operation Just Cause (invasion of Panama). G4V also presents an Open Mic Night for students and graduates to display their expertise. Next on 18 March starting at 6 pm.



Recent Events Around the Post



AFAC

<<< Packing fruit and vegetables for the food insecure at Arlington Food Assistance Center during a recent session are (clockwise from front left): Jessica Bales*, Ingrid Hawkins, Jake Monaco*, Sherry Streicker*, Mike Amatos*, Phil Padron*, John Dingeman*, Nancy Springer* and Darian Pinkston Clark (* indicates 3150 Post Member).

Pearl Harbor Burial

John McCarthy and Nancy Springer attended Gunner's Mate 3rd Class Herman Schmidt's funeral at ANC, along with a couple hundred others. Reportedly, this Pearl Harbor casualty did not have any family/friends attending so multiple agencies (including the Post Facebook) and a local radio station advertised this event and asked people to go and support this Sailor and hundreds answered the call.



Turkey Earthquake Aide

<<< John Lyon Post received a donation of new clothes (from Post 1177 and 10th District) with the intent they be further donated. When the earthquake hit Turkey and Syria a perfect opportunity arose. (left photo) Sienna Echon (left) and Jinda Mounts pack and label eight boxes while (right) Sam Wong delivers them to the Turkish Embassy. Photos by Aybike Arslan who also helped with the project.

VFW 3150

March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Hill Vets Mixer 5:30p	Open Mic Nite, 7 -10 p	G4V group instruction 11 am
5	6	7	8	9	10	11
			GRiST mtg, 7 pm		Trivia Night, 7:30 pm	Highway Cleanup 9 am Tutubi Band, 7 – 10 pm
12	13	14	15	16	17	18
Daylight Saving Time Begins	House Committee / Post O Call 7 pm				St Patrick's Day	Post Awards, 2p G4V Open Mic, 6 pm
19	20	21	22	23	24	25
	Post Mtg 7:30 pm	Auxiliary Meeting 7:30 pm			Kosovo Commem. 7 pm	
26	27	28	29	30	31	
District 10 Meeting, Dale City Post 1503, 1 pm			National Vietnam War Veterans Day, 7 pm		End of Operation Restore Hope, 7 pm	

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

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VFW National Home for Children

The VFW National Home for Children recently celebrated its 98th 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>

