

The John Lyon Gazette

Volume 28, Number 12

June 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



VFW Day of Service

Post 3150 and family members Sam Wong, Abby Arslan, Lianora Smith, Zachary Holmes, Anita Fligge, Michael Leyba, John McCarthy and Post 9274 Commander Nathan Portnoy and other Post 9274 members joined together at the **One Community Social Services**. (<https://www.ocsocialservices.org>) /in Woodbridge. The organization assists families in need via their donation center and programs. The center serves 3,000 clients in the DMV, mostly Afghan Allies that were evacuated and resettled in Operation Allies Welcome. VFW members helped by sorting donations, putting them in their designated areas in the facility, etc.

VFW Day of Service is a national program of the VFW now in its second year and occurs in early May.

From the Commander:

Greetings VFW 3150!!!

We are full steam ahead for the rest of year 2023 and into 2024 with our newly elected post officers. Thank you all again for voting and we will do our best to represent you and the veteran community. Please join us in all our upcoming activities such as our Army Birthday and Independence Day Celebrations. Be on the lookout for more community engagement with Arlington County law enforcement, first responders, mental health, Space Force JROTC, and other veteran organizations. Also, I want to give thanks and great praise to our volunteers who are renovating our post. Jeff, Jon, Shawnta, Pav, Sienna, Payden, Earl, and everyone else: thank you so much for Making Post 3150 Great Again!

Yours in Comradeship,

Sam Wong,
Commander, VFW Post 3150

From the President of the Auxiliary:

As I write my last column of the year, I want to thank all the members who stepped up to support our Auxiliary, from attending meetings to participating in our various functions.

I would like to congratulate the incoming slate of officers beginning with the President, Jeff Mounts. The other positions filled are: Senior Vice President Cathy Graham, Junior Vice President Maryann Krayner, Treasurer Jodie LaFreneire-Dajc, Secretary Cathy Graham, Chaplain Gail Hoffman, Trustees 1 Year Dennis Gerrity, 2 Year Gail Hoffman, and 3 Year Kevin Brown. I know the Auxiliary is in good hands with everyone helping to support this team.

The State Convention is at the beginning of June in Portsmouth. I know we have earned the Outstanding Auxiliary Award this year.

The National Convention is in Phoenix July 21-27. There are some major changes being discussed at this meeting. The most controversial is raising the annual dues at National from \$5 to up to \$20. Two different proposals are being sent forth, one raises the dues to \$15 at once and the other raises the dues to \$8 and then increases by \$2 each year until reaching \$20 in the year 2030. The other issue concerns Members-At-Large increasing dues from \$10 to \$30 to be sent to National. These increases are also affecting the amount the Auxiliary retains for their use and the amount sent to the Department for the Department's use.

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

Loyally yours,

Cathy Graham

President, VFW Auxiliary 3150

Welcome to Our New Members

Welcome to new Post members, Jonathan Douglas USMC - Desert Shield/Storm / Korea)*, Paul Hickey USMC – Desert Shield/Storm / CAR)*, Dustin Hood (Army – Iraq / Afghanistan)(transfer)*, and Steve Kim (Army – Iraq / Afghanistan), all elected at the May meeting.

Auxiliary Elections

President: Jeff Mounts
SVP: Cathy Graham
JVP: Maryann Krayer
Secretary: Cathy Graham
Treasurer: Jodie LaFreniere-Dajc
Chaplain: Gail Hoffman
3Y Trustee: Kevin Brown
2Y Trustee: Gail Hoffman
1Y Trustee: Dennis Gerrity

Happy Father's Day ... to all of our Fathers and husbands on 18 June! Wherever you are, you are close to our hearts.

Army Birthday and Flag Day

The U.S. Army Birthday and Flag Day will be celebrated on 10 June from 1 to 4 pm.! Guest speaker will be Brigadier General James Work, Director, Operations, Readiness and Mobilization, Office of the Deputy Chief of Staff, G-3/5/7/ Also included will be the D-Day Anniversary Remembrance. And the Tutubi Band at 7 pm.

Join us on Facebook to get the latest Post info:

John Lyon VFW Post 3150

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, 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 Night

Trivia Night is back on the second Friday of the month: 9 June, at 7:30 pm at Post 3150.

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".

Locker Fee Due on 1 July

Members who have a locker at the Post are reminded that the \$40 rental fee is due on 1 July. You can also rent a locker for six months for \$20. Those not renewing their rental should empty the locker and return the key.

Post Officers 2023 - 2024...

				
<p>Sam Wong Commander US Army Iraq / Korea Bosnia / Kosovo</p>	<p>Darrell Smith Senior Vice Cmdr US Air Force Iraq / Afghanistan Korea</p>	<p>John Dingeman Junior Vice Cmdr US Air Force Iraq / Afghanistan</p>	<p>James Bertine Quartermaster US Navy Vietnam</p>	<p>Adrian Simental Chaplain US Air Force Iraq / GWOTEM AF Exped</p>
				
<p>Marc Koblentz Advocate US Air Force Korea GWOTEM</p>	<p>Anita Fligge Surgeon US Air Force Afghanistan AF Exp/GWOTEM</p>	<p>Sienna Echon 3 Year Trustee US Navy GWOTEM</p>	<p>Nancy Springer 2 Year Trustee US Marine Corps Iraq / Afghanistan Desert Storm/Korea</p>	<p>TBD 1 Year Trustee</p>
				
<p>Aleksandar Pavlovich 3 Year House Com US Marine Corps IDP</p>	<p>Fritz Gottschalk 2 Year House Com US Army Iraq / Afghanistan</p>	<p>Andrew Stewart Service Officer US Army Iraq / Afghanistan Desert Storm / Korea</p>	<p>J.Gary Wagner Adjutant US Air Force Korea</p>	<p>Jeffrey Mounts President VFW Auxiliary</p>

Donation Match

An anonymous donor has set up a monthly matching \$1,000 donation. Please continue to consider donating to JOHN LYON VFW POST 3150, a 301(c)(19), a VSO non-profit organization. A \$25 tax donation goes a long way to helping the Post continue making the necessary improvements to our remarkable 101-year-old Post Home. Replacing the Post Hall floor and ceiling will be our next big projects. We're still looking for 12 more individuals to consider donating a bar stool to replace worn-out equipment.

Hoffman Funeral Set

The funeral for Past Commander Richard Hoffman has been scheduled for 9 am on 27 June at Arlington National Cemetery. Must be at the Administration Building by 8:15am. A celebration of Life will follow at Post 3150.

National Convention

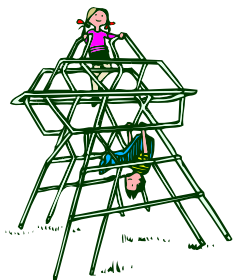
The 124th National Convention is scheduled for Phoenix, AZ, July 22 - 27, 2023. For info or to reserve, go to <https://www.vfw.org> and look for National Convention.

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.

Note: Yoga will be on hiatus for next three weeks.



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



From Arlington Little League

“Thanks again for being there for Opening Day! The John Lyon VFW Post 3150 is an incredible part of what makes our ceremony work as it does. You have been extremely generous to our league through the years, and we are enormously grateful.

“Adam Balutis
President
Arlington Little League”

• * * *

“Thank you for sponsoring our kids. We'd love to see you all at practices and/or games in the future. I'm a fellow vet so I'm happy to be paired with the VFW.

“Thank You,
Anees Merzi
(Coach of Jr TeeBall Athletics team)”

New Voice of Democracy and Patriot's Pen Themes

The 2023-2024 themes have been chosen by the VFW Senior Vice Commander. The Voice of Democracy theme (High School 9-12) will be “*What Are the Greatest Attributes of Our Democracy?*”. and the Patriot's Pen theme (Middle School 6 – 8) will be “*How Are You Inspired by America?*”. 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).

One Year Trustee

One Year Trustee Nick Knowles has moved from the area and suggested he may resign as One Year Trustee. If this happens, we will elect a replacement at the June meeting. If you are interested, inform Commander Wong or attend the 10 June meeting.

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 10 June, at 7 pm. They play for tips and appreciate your generosity.

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.

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.**

Officer Installation



(Above, left) Nathan Portnoy, Commander of Falls Church VFW Post 9274, installs Post officers for the year 2023-24. above, right) Jodie LaFreniere-Dajc installs officers of Auxiliary 3150, including President Jeff Mounts, the first male president, Maryann Krayer, Junior Vice President and Kevin Brown, Trustee. (Left) Commander Sam Wong gives remarks following his installation.

Recent Events Around the Post

Space Force JROTC

Commander Sam Wong presents the >>> VFW Medal and Certificate for JROTC Cadets to Cadet Jostin Bunke of VA-821 Space Force JROTC unit. One year ago, VA-821 was one of ten units selected from nearly 900 to join the Space Force JROTC program.



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 (l to r) Cathy Graham, John McCarthy and Darrell Smith, among the volunteers helping out. Buddy Poppies are also available in the Post Home. "Doc" Crouch was photographer.

Post sponsored Little Leaguers

Young players of the Jr Tee Ball >>> Athletics team line up after a game to show their team sponsor's name on the back of their shirts. Post 3150 has sponsored an Arlington Little League team every year except one since 2001. This group is very young but future major leaguers have to start somewhere.



VFW 3150

June 2023



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

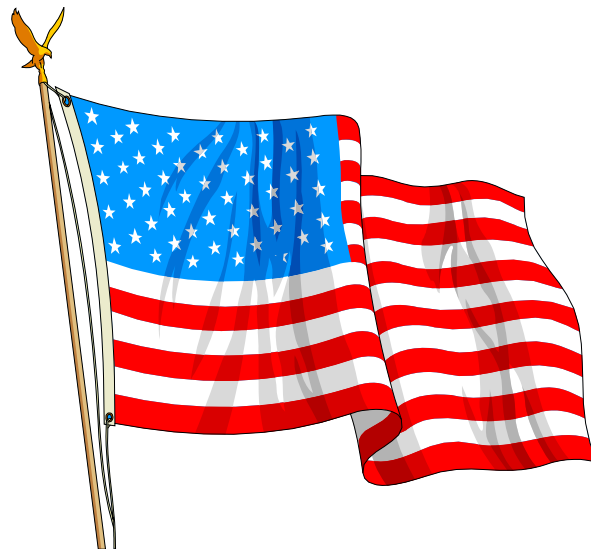
					1 Hill Vets mixer, 5:30-7:30 pm at the Valor Brew Pub, 723 8th Street SE. State Convention, Portsmouth	2 Open Mic Nite, 7 pm State Convention, Portsmouth	3 G4V, 11 am State Convention, Portsmouth
4 State Convention, Portsmouth	5	6	7	8	9 Trivia Night, 7:30 pm	10 G4V, 11 am Army B'Day, Flag Day, D-Day, 1 pm Tutubi Band, 7 p	
11	12 Officers Call / House Committee, 7 pm	13 FLAG DAY	14 GRIST meeting, 7 pm	15	16	17 G4V, 11 am	
18 FATHER'S DAY Yoga via Zoom, 11 am	19 Post Meeting 7:30 pm	20 Aux Meeting 7:30 pm	21	22	23	24 G4V, 11 am	
25 Yoga via Zoom, 11 am	26	27	28	29	30	Tentative: 4th of July: Bell Ringing and Cookout 5:50 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

June 2023



Flag Day, 14 June 2023

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 1 pm on Saturday, 10 June.