

The John Lyon Gazette

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March 2025



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. The Poff Award was discontinued in 2024.



The 2025 VFW Washington Conference, March 2-6, 2025

John Lyon Post is hosting a Post Open house with a Spaghetti Dinner to welcome VFW members from across the nation as they gather to meet with their respective lawmakers.

Link: <https://www.vfw.org/media-and-events/2025-vfw-washington-conference>

No cost to John Lyon members, but as always, donations are appreciated!

Please RSVP via [Eventbrite](#), so we have an accurate headcount.

Tuesday, 4 March

4 to 5 PM, Set up Hall

5 to 6 PM. Prepare dinner

6 to 7 PM, Cocktail Hour, meet and greet

7 PM, Opening Remarks, Dinner is served

7 to 10 PM, Meet and greet with comrades from across the nation

Other public events open to John Lyon members during the week:

Monday, 3 March, 6:00 p.m. Voice of Democracy: Announcement and Parade of Winners
Crystal City Hyatt Regency Ballroom

Tuesday, 4 March, 10:00-11:30 a.m. Commander-in-Chief's Testimony – Room G50,
Dirksen Senate Office Building

From the Commander...

Greetings Post 3150 Team!

Starting the year again at a great start. We have achieved our 100% recruitment and retention goal as of February, 5 months ahead of the deadline. That means we are on our way to All American VFW Post again, but keep up the great job and continue bring more members to join!

Moreover, Comedy Nights once again packing our house the past five shows and will continue to bring more business and members to the Post. Also, the Post will hold an Open House on 4 March at 1800 with Canteen open and spaghetti dinner. We will welcome this years' National VFW Legislative Team during their annual visit to Washington DC. All members and friends are welcome! Thank you all for your continued support to the Veterans! See you!

Sincerely,
Sam Wong, CDR Post 3150

* * * *

Welcome to Our New Members

Welcome to new Post members Henry Clark (Navy- / GWOTEM)*, John Locke (USAF – Afghanistan / Iraq / Korea Defense / USAF Exped w/ Gold)*, Paul Tracy Wright (Army – Iraq / GWOTEM)(Life)*, Kathleen Harrison (USMC – Korea Defense / GWOTEM)(transfer)*, Ryan Heider (USMC - Afghanistan/ Iraq / GWOTEM / CAR)(transfer)*, Peerawut Kamlangek (Army - GWOTEM)(transfer)*, and recruited / processed by State: Uriah Cooper (USAF - Afghanistan / GWOTEM), David Durcsar (USMC – MAR Exped (Iraq), Christopher LaRue (USMC – Afghanistan / Iraq), Chew-Chan Leung (Army - SWAsia), and new Auxiliary members Mary Rice and Susan Grealy, all elected at the February meetings. Post membership cards for those with completed applications (*) should be in the mail.

Marching Off...

Charles A Hicks, 46, Alexandria VA *

William A Thomas, 59, Covington GA*

*reported by National, unverified, both expired members

Music & Comedy Nights at Post 3150

Band of Vets Comedy Show, 7 Mar, 7 pm

Tutubi Band: 8 March, 7 pm.

Reflex Improv Comedy Show, 21 Mar, 7 pm

Acts play for tips and appreciate your generosity



Sunday Zoom Yoga, 10 am

Join Zoom Meeting

<https://us02web.zoom.us/j/89097172473>

Meeting ID: 890 9717 2473

Passcode: 837657

No experience required, no expectations or competition; do what you are able to do. You can turn off your video (of you) and be anonymous!

Hours for Post Canteen

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

Schedule Updates

For the frequently updated openings, hours, and events, go to www.vfw3150.org and click on Calendar or Announcements. Event updates can also be found on our Facebook page at **JohnLyonVFWPost3150** or in the weekly email. For info on activities, email adjpost3150@vfwva.org.

Tenth District Meeting, 8 March

The Tenth District Meeting will be held on Saturday, 8 March, at Falls Church Post 9274 (7118 Shreve Rd, Falls Church) at 10 am. 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.

In-Person or Internet Meetings

While the Post and Auxiliary have resumed in-house post meetings, the Internet option via **Zoom** (Post) or **Skype** (Auxiliary) will continue for members desiring to do so. Go to the Post Calendar on the Post webpage. (www.vfw3150.org) Click on the meeting you want to attend.

Donation Match

Two anonymous donors have set up a monthly matching \$1,750 donation. Please continue to consider donating to JOHN LYON VFW POST 3150, a 301(c)(19), a VSO non-profit. A \$25 tax deductible donation goes a long way to helping the Post continue making the necessary improvements to our remarkable 102-year-old Post Home.

New Officers to be Elected

Post officers for the Year 2025-2026 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), house committee (Post Home). 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.

Scouts, Artists Deadlines

The following is an overview of VFW programs and contests for students, artists, and scouts for the remainder of the year:



For then

Scout of the Year: Any recipient of an Eagle Scout, Girl Scout Gold Award, Venture Summit Award, or Sea Scout Quartermaster Award may qualify. **Deadline is March 1, 2025.**

info and forms, go to www.vfw.org, then Community, then Youth and Education, then Scout of the Year.



VFW Auxiliary's **Young American**

Creative Patriotic Art Contest: grades 9 - 12. Deadline is March 31, 2025. 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.



Speaker Series
Lt. Gen (Ret) Frank Helmick

Gen Helmick will speak at the Post on Friday, 7 Mar from 5 – 6:30 pm.

Gen Helmick was the Commanding General of America's only Airborne Corps (the XVIII Airborne Corps) and the nation's largest military installation, Fort Bragg. He also served as the Deputy Commanding General for Operations with United States Forces–Iraq and commanded the Multi-National Security Transition Command–Iraq and the North Atlantic Treaty Alliance (NATO) Training Mission–Iraq.

Additionally, Frank was Assistant Division Commander, Operations, for the 101st Airborne Division (Air Assault) when troops under his command successfully ended the hunt for Uday and Qusay Hussein. He also served as Senior Military Assistant to two Deputy Secretaries of Defense.

Join us on Facebook to get the latest Post info:
John Lyon VFW Post 3150



**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.

Friday Night Trivia

Friday Night Trivia will be held again on the second Friday of the month for about 1-1/2 hours. Next it will be on Friday, 14 March at 7:30 pm

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.

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 adjpost3150@vfwva.org. Also notify us if you have a new email address.

Digital membership Card

To receive a digital Card, go to VFW.org, and logon. At the top of My VFW, in the upper right corner, you will find a place to request a digital card for your mobile phone.



Working with our Strategic Partners, VFW 3150 has teamed up with the DC Veterans Administration Medical Center (DC VAMC) to help combat food insecurity in the DMV's Veteran community. Each month Post members are encouraged to volunteer at the DC VAMC to assist with the distribution of non-perishable food items to Veterans and others in need.

The DC VAMC partners with Capital Area Food Bank to offer fresh and non-perishable foods to Veterans and their families. The Veterans Mobile Food Pantry is open on the second Tuesday of **each month, 11:00 a.m. - 12:45 p.m., at Gate 1/Clinical Research Building entrance, at the main medical center. If you are a Veteran experiencing food insecurity, reach out to the Social Work Services or Nutrition and Food Services offices at the DC VAMC. You can also call the DC VAMC Nutrition and Food Service at 202-745-8190.**

If you would like to volunteer at this event, please contact Fritz, seen at the far left in photo above, at fritz1988@gmail.com.

IDAV | RECRUIT MILITARY | TRANSITION ASSISTANCE PROGRAM

MILITARY COMMUNITY HIRING EVENT

Local, Statewide, National, and Remote Opportunities Available

THURSDAY, MAR 6, 2025 | 11AM - 3PM ET

JOINT BASE MYER-HENDERSON HALL

Patton Hall Community Club & Conference Center
 214 Jackson Avenue, Fort Myer, VA 22211

CAREER OPPORTUNITIES

Project Management | Human Resources
 Transportation / Logistics | Healthcare
 Management / Supervision | Information
 Technology | Government & more....

SCAN ME

For more details, visit rmvets.com/JBMHH0325

recruit_military | recruitmilitary | recruitmilitary | recruitmilitary

No Federal or DoD endorsement implied

Youth Essay Winners, Teacher and First Responder Awards



Ryan C Pedone– Patriot’s Pen 2nd Place



David Strobach, Gunston Middle School -Teacher of the year



Neil D Hagan - Patriot’s Pen 1st Place



ACSO Sherrif Richard Laureano– Sherrif Officer of the Year



Dariusz Forrester – Voice of Democracy 1st Place



ACPD Officer Matthew Puia -- Law Enforcement Officer of Year

Awards were presented by Chairman J.Gary Wagner (left) and Senior Vicr President Cathy Graham. Ceremony was Emceed by Nancy Springer. Photos by Jim Bertine and Imola Nagy-Forrester.

Recent Events Around the Post



Band of Vets Comedy Show

<<< Our Post hosted another successful comedy night on Saturday, 15 February. These Band of Vets comedy shows get rave reviews and have increased in popularity the past several months. Led by retired Army colonel, comedian and TV military analyst, Joe Buccino, these comedy nights feature top local comedians and “bring the house down” Join us for the next show on March 7th from 7:30 - 9:30pm EST. Doors at 6:45pm. More at Instagram: @joe_tells_jokes.

NFL Championship Game

The NFL Championship Game drew a >>> about 25 viewers to view the game on the Post’s big screen. The sportsfans feasted on pulled pork and various sides before the game began.



Auxiliary 3150’s 90th Birthday

<<< The Post Auxiliary celebrated its 90th Birthday with Past Presidents (l to r) Cathy Graham, and Gail Hoffman, cutting the cake. Several more members viewed the proceedings in person or via Skype. Auxiliary 3150 was chartered 19 February 1935.

VFW 3150

March 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1 G4V, 9 am
2 Zoom Yoga, 10 am	3	4 Popcorn at VA, 11:30am Post Open House for Natl Leg Com, w/ spaghetti, 6p	5	6	7 Speaker Series, 5pm Band of Vets Comedy, 7:30pm	8 G4V ,9 am Tutubi Band, 7 p
9 Zoom Yoga, 10 am Daylight Saving Time Begins	10 House Committee / Post O Call 7 pm	11 VA Food Pantry, 10 a	12 GRiST mtg, 7pm	13	14 Trivia Night, 7:30 pm	15 G4V ,9 am District 10 Mtg, Fall Church 9274 , 10 a
16 Zoom Yoga, 10 am	17 St Patrick's Day Post Mtg 7:30 pm	18 Auxiliary Meeting 7:30 pm	19	20	21 Improv Comey show, 7 pm	22 G4V, 9 am
23 Zoom Yoga, 10 am 30 Zoom Yoga,10 am	24 31	25	26	27	28	29 G4V, 9 am National Vietnam War Veterans Day, 7 pm

1 March: Deadline Scout of the Year Nominations

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



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Veterans of Foreign Wars
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Dated Material Please Do Not Delay

March 2025

VFW National Home for Children: 100 Years Old

The VFW National Home for Children recently celebrated its 100th 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>

