



# American Legion Post 290

## Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

Stafford, Virginia

July 2023

### INSIDE THIS ISSUE:

Post Everlasting Chaplain's Corner	2
ALA Unit 290 News SAL News	3
American Legion Riders 290 Chap- ter	4
Memorial Day wreath laying	5
Installation of Of- ficers	6
Jr. Shooters' Blood Drive	7
Junior Shooter Raffle	8
Department Putt- Putt	9
Post 290 Events and Radar	10
Calendar	11

### Commander's Call to the Post 290 American Legion Family:

Hey Folks, it's your Post Commander stopping by to ask, "WHAT IF" ?

We have all heard these statements:

- Not my problem
- Not my job
- Not what I volunteered for

And all other excuses for not volunteering or stepping up to help the Post grow members or a function that needs help.

"What If" we all just changed our mindset a little bit and changed to say:

- Let's solve problems for our Veterans
- Let's have more social functions that bring us together as a Post family
- Let's volunteer more for our programs
- Let's come together for the betterment of the Post

"What if" we have more people stepping up to volunteer just a little more inside, and outside of the Post. Let's all be proud of what we have and help make it a place others want to come and enjoy time at.

"What if" we all realize it's not just about bingo or a bar. This is our home, our sanctuary, and most importantly our place to come with friends and bring in new members.

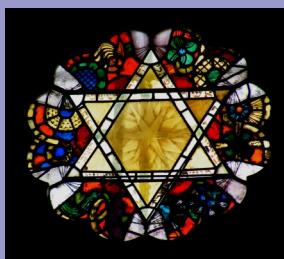
"What if" we all asked 1 person to volunteer or become a member of our Post and talked about the needs for our Veterans and what our mission really is. This doesn't must mean inside the Post, but also going outside to bring in new members.

You would be surprised how many people don't know they can join the American Legion, the Auxiliary, The Sons of the Legion, or the Riders. They would be great assets for growing not only our membership but helping at all functions by volunteering their time for their Post.

And I'll close by saying "What if" we put aside our differences, start fresh, and remember the true ideals behind what our Post is about. We all have great ideas that can be discussed but please remember there is a time and place to bring them up.

Rick Schultz  
Commander, Post 290

**The Veterans Crisis Line HOT LINE is live! Dial 988 then Press 1.**



## Post Everlasting

John Humphrey

Comrades: It is always with great sorrow when I must announce the transfer of any Legionnaire to Post Everlasting:

John Martin transferred to Post Everlasting in March of this year.

If you know of any member of Post 290, Unit 290 or Squadron 290 who transferred to the Post Everlasting, please contact me at bsuking@yahoo.com, (816) 550-5228 or 111 Van Horn Lane, Stafford, VA 22556 .

## Chaplain's Corner

By Chaplain Darren King

*“We, therefore, the Representatives of the United States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States...”*

So start the final words the beginning of the last paragraph of the Declaration of Independence. With that, the 13 Colonies broke from the English Nation, the English People, the English King, and the English Constitution. They did so as a body collective, not individuals or even individual states.

They did it by appealing to God, the Supreme Judge of people and their actions, relying on His Providence. They did it in the name and by the authority of the people of these colonies as they believed in the consent of the governed, not the divine right of Kings. They did it by publishing their intentions, and then living according to what they said they believed was right and true.

The last words of that paragraph and the Declaration as a whole, are a good reminder for us today, they declared their intention of independence *“with a firm reliance on the protection of divine Providence,”* and made the following pledge: *“we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.”* May God, the Sovereign of the Universe, grant us a growing number of men and women today willing to do the same to continue to preserve the liberty the Signers won for us

## BINNACLE LIST

Many are still isolated due to the continued threat of coronavirus, especially our comrades who are housebound due to illness, recovery, disability or are caring for family members. Though visits are still somewhat limited, they would appreciate a phone call, card, or letter. Ed Thompson is still having some serious medical challenges. John Hess and John Hill are busy taking care of their wives.

If you know of any other member of Post 290, Unit 290, Chapter 290 or Squadron 290 who is ill, and/or hospitalized, or if you have updates on any of the above issues, please contact the new Post Chaplain Darren King at bsuking@yahoo.com, or call me at (816) 550-5228 or write to me at 111 Van Horn Lane, Stafford, VA 22556 .



## American Legion Auxiliary Unit 290 News

By Marilyn Butters

Due to circumstances beyond our control the Auxiliary officers for the coming year were not installed on June 3<sup>rd</sup>. Our officers will be installed at our July 11th meeting.

Our unit is still behind in membership. If you have not renewed your 2023 membership please do so soon. We will begin collecting dues for 2024 in July 2023. Senior members \$35 and Junior Members \$10.

We still need help in the kitchen at Bingo on Wednesday night.

The money we make from the kitchen is our primary source of income to fund our projects and programs.

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### SAL INFO

by Fargo Wells

Greetings SAL members and your families! I hope everyone is well and safe.

Members can login into their myLegion.org account and renew directly or via the quick renew website: [legion.org/SAL-Renew](http://legion.org/SAL-Renew).

The procedure for modifying the current dues in the system is the submission of a Squadron Data Report (SDR) that is available at the Sons of The American Legion website under Publications and Forms. The SDR should be sent to the detachment and the email address Post and Squadron Reports ([postsqdnupdates@legion.org](mailto:postsqdnupdates@legion.org)) for processing.

If you have any questions please contact Kevin Mook the National SAL Liaison at [kmook@legion.org](mailto:kmook@legion.org)

The SAL has not had a dues increase in many years.

However, we have to send a portion of the dues to the Department and a portion to Nationals.

The Nationals Dues have increased, therefore we will need to increase the amount that we collect from our members to \$20.00.

If I can help you out with anything. Text, e-mail or call

Fargo Wells, Commander Sons of the American Legion Squadron 290 Stafford

(703) 362-8277 call, text or write [rfargowells@hotmail.com](mailto:rfargowells@hotmail.com) .

Thank you,  
Fargo Wells

## American Legion Riders Chapter 290 News

By Marty Partridge

Happy Fourth of July Post 290,

Your 290 Riders participated in and supported many events throughout May and early June, including the Stafford County Sherriff's Office D.A.R.E. Day, the 16<sup>th</sup> District Conference, Stafford County Memorial Ceremony, Flag placements at Veterans graves, the Post 290 Memorial Day Wreath Laying Ceremony and the Post Installation of Officers. A very busy month!

The Virginia Legacy Run happened on June 22-25 on Virginia's beautiful Eastern Shore. There were 344 registered with over 250 motorcycles, making this the largest multi-day Motorcycle Ride in Virginia! This year, American Legion Riders from Post 290 are led our own Flight, with 13 of our own Riders and another 10 from across Northern Virginia.

Our own Legionnaire and Rider, Greg Nilges, continues to lead Stafford American Legion Post 290's outreach and recruiting effort at the Stafford Farmer's Market. This will continue every Sunday, 7:30am to 1:00pm (except the 2d Sunday of the month) through October. Greg has been helped by a few other Legionnaires and Riders, but could always use more, so reach out to him and let him know when you're available. We've made several good connections with community members and potential new members, and are now signing new members up on the spot. The effort is proving to be very beneficial, and put Post 290 "over the top" in meeting its 2023 Recruiting Goal. Congratulations, and Thanks Greg!

The Scholarship from the Department of Virginia benefits the children of Post 9-11 Veterans who made the ultimate sacrifice or have at least a 50% VA Disability Rating. If you are interested in making a donation, please get with me. Finally, Congratulations to Commander Rick Schultz and all of the new officers installed on 3rd of June. The Riders look forward to working with all of you, as we continue to help make the Stafford American Legion Post 290 successful!

*Keep the rubber-side down!*

Marty Partridge

ALR-290 Director

## Post 290 Memorial Day Observance and Wreath Laying

By Siegfried Gates

Stafford American Legion Post 290 held their annual wreath laying ceremony at the Stafford Courthouse monument on Memorial Day. John Hess played “Taps”.



## Installation of Post 290 2023/2024 Officers

The Stafford American Legion Post 290 Installation Ceremony and banquet was held at the Post on the 3rd of June.



## Junior Shooters News

By Mike Flanagan with notes by the editor  
Red Cross Blood Drive

On May 31st our Post conducted a successful blood drive with the American Red Cross in our Annex. We saw 21 donors and received a total of 26 pints of blood 26 pints equal 3.5 gallons!. During this event, each donor received an American Red Cross beach towel for their time. We will be hosting a blood drive every quarter and hope to see you at the next one tentatively scheduled for August. Stay tuned for more info to follow.



Friends, imagine, for a moment, your worst nightmare - you or a loved one have been accidentally injured and need a blood transfusion. The American Red Cross has found it necessary to declare blood supply emergencies in the past. This means that locally available life-giving blood supplies have dropped below a critical level needed to support emergency room operation as well as surgery. Now imagine yourself in the ER and word gets back to you that your blood type is not available locally, but IS available at another hospital 200 miles away. Will you survive long enough for the needed blood to arrive to save your life? Blood supplies traditionally drop off in the summer as folks are busy carrying out their summer routines of vacationing and give little thought to donating blood. Please think about it. It's virtually painless and can save a life (perhaps even yours)  
-Editorial Comment.

## Junior Shooters News (continued)

By Mike Flanagan

### SUPPORT OUR JR SHOOTING SPORTS TEAM SUSTAINMENT

## STAFFORD VA. AMERICAN LEGION POST 290 JR SHOOTERS

### SIG SAUER P320-M17 WITH ROMEO1PRO SIGHT

Raise cash for now & funding for the future by growing your MidwayUSA Foundation endowment.

- Caliber: 9mm Luger
- Mags included: (1) 17rd / (2) 21rd Steel Mags
- Sights: SIGLITE Front / Night Sight Rear Plate. Plus, Romeo1 PRO
- Sight 6 MOA, 1.0 MOA ADJUST, STEEL SHROUD, FDE
- Firearm Color: Coyote Tan, made of carbon and stainless steel.
- Full-Size Pistol at 8" in length and 5.5" in width.
- Accessory rail: M1913



Combo Suggested Retail: \$1,230

## WINNER DRAWN ON 31 AUGUST 2023

### \$10.00 EACH OR 12 FOR \$100.00

Raffle tickets may be purchased using PayPal

Use: [290Shooters@gmail.com](mailto:290Shooters@gmail.com)

Provide name and phone number in the remarks area



## DRAWING ON FB LIVE [FACEBOOK.COM/JRSHOOTERSALP290/](https://www.facebook.com/jrshootersalp290/)

[HTTPS://WWW.MIDWAYUSAFFOUNDATION.ORG/TEAM-PROFILE/?ID=](https://www.midwayusafoundation.org/team-profile/?ID=)





Department of Virginia Convention  
Putt-Putt Golf Tournament  
Hosted by the 16<sup>th</sup> District  
Thursday July 13<sup>th</sup>, 2023

Dulles Golf Center and Sports Park  
21593 Jesse Court  
Sterling, Virginia  
703 404 8800  
Thursday July 13<sup>th</sup>, 2023

9:00 AM Shotgun Start (registration begins at 8:30 AM)

**\*\* Registration Deadline Friday, July 7<sup>th</sup>\*\***

**Entrance Fees**

\$45.00- Individual

\$180.00- Team of Four (4) players

Includes lunch

Mulligan available for \$5.00 each (2 per person max)

***Make check payable to 16<sup>th</sup> District***  
***Note: check must accompany your registration form***

**Player Information**

Name \_\_\_\_\_ Email address: \_\_\_\_\_

Name \_\_\_\_\_ Email address: \_\_\_\_\_

Name \_\_\_\_\_ Email address: \_\_\_\_\_

Name \_\_\_\_\_ Email address: \_\_\_\_\_

Please Mail entry fees and form to:  
Bob Brady  
6269 Highmeadow Place  
Warrenton, Virginia 20187  
email address: [himeadow@verizon.net](mailto:himeadow@verizon.net)  
540-270-1040

## JULY 2023 HIGHLIGHTS AT THE POST

### July

- 04 July - Independence Day Annual Picnic and Flag Retirement Ceremony; Starts at 1200hrs, potluck, bring a dish
  - 11 July - Post 290 Auxiliary Installation of Officers
  - 13 - 16 July Department Convention, Dulles Hilton, 16th District to host
  - 13 July - Department Putt-Putt Golf Tournament, Dulles Golf Center, 0900 Shotgun Start
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## ON THE POST 290 RADAR

### August

- Aug 04 - USCG Birthday; 1790
- Aug 4-6 - Virginia American Legion Family Leadership College, DoubleTree by Hilton Hotel Richmond
- Aug 07 - Purple Heart Day
- Aug 14 - VJ Day
- Aug 31 - Jr. Shooters Benefit Gun Raffle Drawing

### September

- Sep 04 - Labor Day
- Sep 11 - Patriot Day - 9/11
- Sep 15 - Hispanic Heritage Month -15 Oct (many Latin American countries achieved/declared independence)
- Sep 16 - POW / MIA Day
- Sep 16 - American Legion Day, Federal Charter granted, 1919
- Sep 18 - USAF Birthday, 1947
- Sep 24 - Gold Star Mothers Day
- Sep 29 - 01 Oct - Virginia ALR Rally

### October

- Oct 01 - Final day of Virginia ALR Rally
- Oct 05 - 08 - Stafford County Fair, University of Mary Washington
- Oct 09 - Indigenous Peoples' Day
- Oct 09 - Columbus Day
- Oct 13 - US Navy Birthday, 1775
- Oct 23 - Beirut Bombing, 1983
- Oct 26 - Oct 29 - Department Fall Conference
- Oct 31 - Childrens' Halloween Trick or Treat at Post 290

**The Veterans Crisis Line HOT LINE is live!  
Dial 988 then Press 1.**



**YOUR ELECTED POST  
290 OFFICERS**

Commander Rick Schultz  
 1st Vice Lewis Bunch  
 2nd Vice John Patrick  
 3rd Vice Ken Westenberger  
 Adjutant Mike Scullin  
 Finance Robert Ponzo  
 Service Ofc. Jim Richey  
 Chaplain Darren King  
 Sgt at Arms Lester Wood  
 JAG Garry Briggs  
 PAO VACANT  
 Historian Brandy Fitzgerald

**CORPORATION OFFICERS**



Michael Flanagan, Chair  
 John Cox, Secretary  
 Brian "B.J." Payne, Director  
 Steve Albertson, Director  
 Lester Wood, Director



**YOUR AUX UNIT 290  
ELECTED OFFICERS**

President Ginger Briggs  
 Vice Pres Sherilyn Pierce  
 Secretary Marilyn Butters  
 Treasurer Frances Shelton  
 Chaplain Dale Seward  
 Historian Mary Schelin  
 Sgt at Arms Teresa Hardisty

**STAFFORD AMERICAN  
LEGION POST 290**

  
**July 2023**  


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			BINGO		BINGO	1
2	3	4 <sup>th</sup> of JULY 247 years old; Picnic and Flag disposal ceremony; 1200hrs start	5 BINGO	6	7 BINGO	8
9	10 ALR Monthly Meeting 1800-2000	11 General Members Mtg.	12 BINGO	13 Department Convention - 16 <sup>th</sup> District Host	14 BINGO Department Convention - 16 <sup>th</sup> District Host	15 Department Convention - 16 <sup>th</sup> District Host
16 Department Convention - 16 <sup>th</sup> District Host	17	18	19 BINGO	20	21 BINGO	22
23	24 Executive Committee Mtg. 1930	25	26 BINGO	27	28 BINGO	29
30	31					

**We are on the Web  
www.staffordPost290.org**