



# American Legion Post 290

## Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

**Stafford, Virginia**

**July 2023**

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

Dear Comrades and Friends,

Just a quick note to say thank to all of you that supported us on July 4th for flag disposal day. Especially, I want to say thank you for coming together and realizing that it's not about us individually. To see that just a little participation can go a long way to everyone having a great time! From what I saw, it was just that.

I wanted to give a shout out to Bob Dixon for volunteering to cook all the hamburgers and hotdogs and for those that took time to bring a dish to share with everyone. To those that endured the heat of the day and the fire pit, Kudos!

I hope that we can do this more often and continue to build the number of people participating in these events. It's important to the Legion and our brothers and sisters to see how valued their time served was.

Rick Schultz  
Commander, Post 290

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



## American Legion Auxiliary Unit 290 News

By Marilyn Butters

The 2023 session of Virginia Girls State, held at Longwood University June 17-23 was a resounding success. Although only half the number of delegates this year, our Unit was able to secure 12 delegate slots for Stafford County young ladies. Last year's elected Governor, who presided over all sessions during the week, was our own Mountain View High School graduate, Vicna Kana. She did an outstanding job in this leadership role and will represent us well as she studies at University of Virginia this fall. One of the highlights of the week was the reverent POW/MIA Ceremony, run completely by Vicna and the delegates.

The annual 4<sup>th</sup> of July picnic was a huge success with over 80 people in attendance. Thank you to all Unit members who shared their covered dish and paid their dues for the 23/24 year ahead. Ginger continues to collect dues and they can be turned in during Bingo or mailed to Box 125, Stafford, VA 22555 Attn Auxiliary.

We continue to need help in the kitchen on Wednesday evenings—could you help one week a month or as a substitute? It is a nice way to get to know Unit members and support the Legion's Bingo efforts.

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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

Greetings Post-290,

The 6<sup>th</sup> Annual Virginia Legacy Run was a great success June 22-24, 2023 and American Legion Riders-290 were proud to be part of it. We started off 14 Riders from 290 in Stafford, and linked up with several other Northern Virginia Riders in Springfield before heading over to Maryland and down to the Eastern Shore. It rained on and off the throughout the day on Thursday, and Friday, including some pretty heavy downpours, but it made it that much more memorable. Thankfully Saturday was good weather, as also Sunday for our return home.

The Riders and Post 290 collectively contributed direct donations exceeding \$9,000 helping the Virginia Legacy Run exceeding it's goal of \$100,000 for 2023.

On July 15<sup>th</sup>, 290 Riders participated in the 12<sup>th</sup> Annual American Legion Post 150 Poker Run, supporting their Loudon County Veterans in Need fund, and we made a direct \$100 contribution to help them, along with our registration fees and raffle ticket purchase. It was a HOT DAY, but another great ride

*Keep the rubber-side down!*

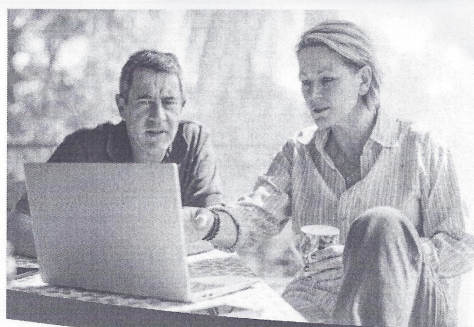
Marty Partridge  
ALR-290 Director



2023 Virginia Legacy Run – I-Corps Flight (ALR-290 & Northern Virginia Riders) picture with Honorary Road Captain, Skip Klass, and his “Flat Admiral Skip” cut out.



ALR-290 Members presenting Checks from the Riders and Post 290 to Virginia Legacy Run, for The American Legion Legacy Scholarship.



## Take Control of Your Health Through My HealthVet

**Join the millions of Veterans who use My HealthVet to help make informed decisions about their VA care.**

My HealthVet is VA's private and secure online patient portal for Veterans, active duty service members, and their dependents and caregivers. Its online resources and tools offer you greater control over your health and wellness.

### What Can I Do on My HealthVet?



#### View VA Health Records

View, print, or download information from your VA medical record.



#### Refill VA Prescriptions

Refill your VA prescriptions, track their delivery, and view a list of your VA prescriptions.



#### Send Secure Messages

Communicate securely with your VA care team to ask nonurgent health questions, send updates on your condition, and more.



#### Manage VA Appointments

View, schedule, and cancel VA care appointments, set up email reminders, and join video visits.

### How Can I Get Started?

1. Visit the My HealthVet site at [myhealth.va.gov](http://myhealth.va.gov).
2. Select the Register button.
3. Enter the required information and submit.
4. Upgrade to a free Premium account in person, online, or with a video appointment.

Learn more at [myhealth.va.gov/premium](http://myhealth.va.gov/premium).

#### My HealthVet Help Desk

Call the help desk, toll-free, at 877-327-0022 or 800-877-8339 (TTY) from Monday to Friday, 7 a.m. – 7 p.m. Central time.



For more information, visit  
[myhealth.va.gov](http://myhealth.va.gov)

VA



U.S. Department  
of Veterans Affairs





DEPARTMENT OF VETERANS AFFAIRS  
 Central Virginia VA Health Care System  
 1201 Broad Rock Boulevard  
 Richmond, VA 23249

## Important Update: Emergency Department Notification

Beginning June 8, 2020, the Office of Community Care (OCC) is requesting that all community hospitals/providers, Veterans, and/or VAMC employees notify Department of Veterans Affairs (VA) of a Veteran who self-presents to an emergency department within 72 hours of the start of the episode of care. This notification should take place through one national location, the Community Care Centralized Call Center, which will be staffed and operated by OCC. All facilities/persons should use the following modalities to notify VA:

**Email:** [VHAEmergencyNotification@va.gov](mailto:VHAEmergencyNotification@va.gov)  
**Phone:** 1-844-72HRVHA or (844-724-7842)

**Effective June 8, 2020: Please DO NOT forward Emergency Department Notifications to Richmond Community Care. Please notify the Community Care Centralized Call Center using one of the methods above: Email or Phone.**

### What needs to be supplied: Case Specific Information

Veteran Information	Treating Facility Information
Name	NPI
Social Security Number	Name
Date of Birth	Address
Address	Point of Contact (POC) Name
Date Presenting to Facility	POC Phone #
Date of Discharge	POC Email Address
Admitted? (YES/NO)	Note: POC will receive VA authorization decision info
Chief Complaint/Admission DX and/or Discharge DX	

For questions pertaining to billing and/or claims processing, please see below:

- CCN Provider Services Region 1: 1-888-901-7407
- Payment Operations Management (POM) Claims Status Line: 1-877-881-7618

Thank you for your continued partnership in caring for our Veterans!  
 Central Virginia VA Health Care Systems

## Junior Shooters News

By Mike Flanagan  
Red Cross Blood Drive and National Championship

By: Mike Flanagan

Blood products collected at our drive last May have been delivered to patients in need of vital care! Distribution included, but was not limited to, the following local hospitals:

SENTARA NORFOLK GENERAL  
MARY WASHINGTON HOSPITAL  
BON SECOURS ST FRANCIS MED CTR  
MEMORIAL REGIONAL MEDICAL CENTER  
HCA-CHIPPENHAM HOSPITAL

Each local drive is an integral piece of a puzzle to secure a healthy, readily available blood supply in our community and for every American in need. When collections exceed need for patients in our area, the Red Cross can expand distribution to areas with low supply due to weather, seasonal illness, and other challenges.

Watch for our next drive in August or September of this year.

National Championship  
Camp Perry, Ohio  
June 21-24, 2023

Five members of our team were invited to compete with the top 30 teams in the Nation based off of an earlier regional competition that we competed in. This is a prestigious opportunity for our athletes. Our team placed 10<sup>th</sup> overall and 2<sup>nd</sup> place in the club category. In addition to the team, our individual awards consisted of:

**Elizabeth Gunn** took 2<sup>nd</sup> place for the under age 15 category.

**Elizabeth Gunn** received a silver medal in the Excellence in Competition match.

**Marissa McDonough** received a bronze medal for each of 2 matches that she fired in.

**Faith Clevenger** earned a bronze medal in the Excellence in Competition match.



L-R: Lillie Miller; Faith Clevenger, Elizabeth Gunn, Marisa McDonough, Joseph Born

## Junior Shooters News

By Mike Flanagan

2023 Virginia Commonwealth Games

Every July, Liberty University hosts the Virginia Commonwealth games. One of the events that we partake in is the 3-position air rifle competition that the American Legion Post 16 manager. This match was fired on 22 July.

This competition is split into two groups. Juniors were aged 12-15 and Seniors aged 16-19. Our American Legion Post 290 team placed very well this year:

Formal awards announcements were made via this YouTube channel: <https://youtu.be/c7us2aeiiGs>

<u>Senior Individual:</u>	<u>Junior Individual:</u>
Gold Logan Major	Gold Elizabeth Gunn
Silver Jessica Gioia	Bronze Logan Hawkins
<u>Senior Team:</u>	<u>Junior Team</u>
Gold Lohan Major	Gold Elizabeth Gunn
Gold Jessica Gioia	Gold Logan Hawkins
Gold Joseph Born	Gold Faith Clevenger

### The American Legion 3 Position Championship

The American Legion 3- position air rifle Championship was a three-phase competition with elimination to the best in the Nation.

Phase 1 started out with more than 900 competitors competing to be the State Champion for each Department that competed. Our Post 290 Team took first place for the State of Virginia.

From phase 1, National invited the top 40 individual shooters from phase 1 to a shoot off. Our Post had 2 athletes that were invited to compete based off of round 1 scores fired: Marisa McDonough and Logan Major. The purpose of round 2 was to identify the top 15 individuals in the nation to be invited to the National Championship held 20-22 July in Colorado. Both Marisa and Logan fired a score that qualified them for the Championship.

Phase 3 was fired at the Civilian Marksmanship complex, next to the Olympic Training center in Colorado Springs. Marisa finished 7<sup>th</sup> in standing, 13<sup>th</sup> in prone and 14<sup>th</sup> in kneeling, resulting with 14<sup>th</sup> place overall. Due to unfortunate circumstances Logan could not compete.

This is an example of how the amazing support from our Post and the dedication of our staff and athletes have for the sport of marksmanship. Congratulations to both Marisa and Logan for being one of the top 15, 3-position air rifle marksmen in our Nation. Job well done!



Marisa McDonough



## 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=)



## AUGUST 2023 HIGHLIGHTS AT THE POST

### 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

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## ON THE POST 290 RADAR

### 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 07 - Stafford Fall Family Festival, John Lee Pratt Park, 1100-1500  
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 Ponzio  
 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**

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

 **August 2023** 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 BINGO	3	4 BINGO USCG Birthday 1790 Legion Leadership College	5 American Legion Leadership College
6 American Legion Leadership College	7 Purple Heart Day ALR Monthly Meeting 1800-2000	8 General Members Mtg.	9 BINGO	10	11 BINGO	12
13	14 VJ Day	15	16 BINGO	17	18 BINGO	19 Honor Guard Steak Night
20	21	22	23 BINGO	24	25 BINGO	26
27	28 Executive Committee Mtg. 1930	29	30 BINGO	31 Jr. Shooters' Gun Raffle Drawing	BINGO	