



American Legion Post 290

Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

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Stafford, Virginia

September 2023

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

Dear Comrades and Friends,

Greetings! I hope everyone is having a great summer. Luckily, things have slowed down a little this month, other than Legion College which by the way was very educational and informative. This is something that all officers should attend, but it's also open to any Legion member.

As we move into fall, we want to say to all the kids going back to school, "Have a great year". To all the parents, let's pray for a safe year!

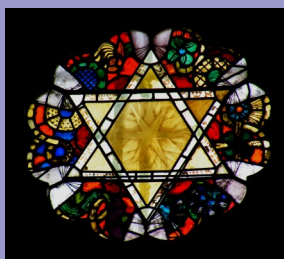
We are still looking for a kitchen manager to step up and run the kitchen. This would entail handling any functions and checking in on bingo nights, ordering food, and reporting findings to the committee.

Thanks to Brandi Fitzgerald for updating and rebuilding the webpage. Any help, additions, and comments should be forwarded to her.

Patriot's Day, September 11, is right around the corner, and we have the ceremony at the Post. Check the calendar for other events where you can show your support and don't forget to invite a friend to join the Legion.

Rick Schultz
Commander, Post 290

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



Post Everlasting

Darren King

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

No transfers to Post Everlasting this month.

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

Sic Semper Tyrannis

“Sic Semper Tyrannis” is the state motto of Virginia. It is a Latin phrase that means “Thus always to tyrants.” What is the Thus? It could be death always to tyrants. Victory always over tyrants. May justice always fall upon tyrants. May tyrants always meet a dire end, which is just and which we should expect.

In the context of our Independence in 1776 and the Revolutionary War, it clearly was meant to symbolize the fight of Virginia (and the rest of the Colonies) against the tyranny of the English Parliament and the English King, George III. George Mason recommended it to be in the Seal of Virginia during the 1776 Virginia Convention. It is a clear reminder that our way of life is built on freedom and virtue, not on tyranny.

The motto is still relevant to us today. First, it reminds us of the cry of the human heart for justice. Second, it shows us what must be done to sustain freedom and virtue. Finally, brings people together who desire freedom and virtue over tyranny.

First, it is natural for people to wish and desire that tyranny would come to a glorious end. We desire justice and part of justice in this world is to see the end of tyranny. Whether that tyranny be at the hands a single person, or a system of government, or an attitude of society, the Administrative state, or our local elected officials. Only the most ardent, and twisted loyalists to a tyrant or tyranny mourn the death or end, while it gives lovers of freedom and virtue something to celebrate.

Second, it is still relevant for us today because it reminds us what must be done to keep freedom and virtue – we must put end to tyrants and tyranny. It reminds us we are in the battle everyday, every year, for one tyrant is always replaced by another.

Finally, Sic Semper Tyrannis is relevant today because freedom is not sustained by the overthrow of tyrants and tyranny, as important as that may be. There will always be someone or something to take their place. It gives us an opportunity to continue to promote freedom and sustain those things that promote and keep freedom. And Freedom is sustained because there are people who have come together work to promote and sustain freedom.

Of course, the Legion is one such organization and gathering of people who work to end tyrants and tyranny by promoting freedom and virtue. We are upholding and defending the Constitution of the United States. We help maintain law and order. We foster and perpetuate a one hundred percent Americanism. We combat the autocracy (think tyranny) of both the classes and the masses. We safeguard and transmit to posterity the principles of Justice, freedom and democracy.

So friends, let us work together to give to tyrants of any kind what they deserve by working together and showing others the ideals and practical implications of freedom and virtue. Volunteer with some or all aspects of our Post as we promote all that is just and good about our country. Sic Semper Tyrannis.

BINNACLE LIST

Jamie Dufrene is recovering at home after time in the hospital for bleeding on the brain. Continue to pray for his recovery.

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 me, Darren King at darren@northstaffordbaptistchurch.com or call me at (816) 550-5228 (cell), or mail me at Darren King, 111 Van Horn Lane, Stafford, VA 22556.



American Legion Auxiliary Unit 290 News

By Marilyn Butters

Past Department President Loretta Smith presided over our Unit's Installation of Officers at the close of our July meeting. Loretta highlighted the importance of each officer's duties and their link to the success of the Unit as a Whole. We appreciate Loretta's time and effort installing our Slate.

Our Unit continues to save pop tops and coke rewards lids/packaging to support Stafford Schools and the Richmond Ronald McDonald House. You can turn yours in to the boxes placed in the Club Room and on the Coffee Service counter in the main hall.

Our Unit closed out the 2022 year with 134 members. This number is down from pre-Covid years. We need you! Please renew your membership of \$ 35.00 by mailing a check to Box 125 Stafford, VA 22555 attn: Auxiliary or drop a check by the Post Home any Wednesday and Friday during Bingo and at any Legion function. Once you renew or join, we encourage you to come to our monthly meetings and get involved!

Our Unit looks forward to attending the raising of the Patriot Flag, honoring the sacrifices our Country sustained on 9/11. Flags were purchased by our Unit, one for the Post Home and one for the Annex building. Keep an eye on your email for the date and time of this ceremony.

This newsletter article would not be complete without encouraging members to volunteer for the Wednesday Bingo Kitchen. Our regulars need help! Please consider supporting our efforts to provide delicious and timely menu items to the Post's Bingo crowd. We like our Bingo players to be happy so they will return to our Post for their Bingo fun and providing an open and inviting kitchen helps us support that goal. Please contact Ginger Briggs or any officer to volunteer. Only 4 hours a month! Thanks to Ginger for continuing to be so supportive of the kitchen while also serving as our Unit president!

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.

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) for processing.

If you have any questions please contact Kevin Mook the National SAL Liaison at 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 fargowells@hotmail.com .

Thank you,
Fargo Wells

Hosted by the ALA Unit 290

Mark your calendars and join us

TUESDAY, OCTOBER 17, 2023

TWO FUN AND SOCIALIZING EVENTS ARE BEING HELD AT OUR POST HOME

“GETTING READY FOR CHRISTMAS”



CAN YOU SEW? CAN YOU CUT? CAN YOU IRON? CAN YOU ASSIST?

Please come and join the Auxiliary Unit 290 members and friends in cutting, sewing and ironing stockings October 17, 2023 beginning at 9:00 a.m.

A stocking will be given to each child who attends the Children's Annual Christmas Party to be held on Sunday, December 3, 2023 at the post home. More information to follow later.

Tap into your Creativity

ALSO

SNOW FUN! WINTER LANDSCAPE ACRYLIC PAINTING CLASS ANYONE CAN PAINT



Beginner or advanced. Open to ages 10 and up, Legion family members and friends are welcome. Instruction will include basic art terminology and YOU will complete your painting. Pre-registration required.

Beginning at 2:00 pm on October 17, 2023
\$30.00 per person

All supplies will be provided and you will take your supplies home.

A SHARED LIGHT LUNCH WILL BE PROVIDED
BY THE AUXILIARY UNIT 290 FOR BOTH
ACTIVITIES BETWEEN 1:00 pm – 2:00 pm.



Funds raised will go towards - Pre-registration forms will be available at the post or via download from members page, or emails sent out.

Tap into your Creativity

PRE-REGISTRATION FORM FOR ACRYLIC PAINTING CLASS
OPEN TO ALL LEGION FAMILY MEMBERS AND FRIENDS

October 17, 2023

2:00 pm

Ages 10 and up

Please fill out this form and mail it with you payment of \$ 30.00.

Name: _____

Guest(s): _____

Preferred form of contact: _____ Telephone: _____

_____ Email: _____

RSVP with form, check or cash by the end of Wednesday, October 11, 2023 to ensure quantity of supplies, checks preferred.

CHECK _____

Make checks payable to ALA 290 and on the subject line please write: Art Class 10/17/2023 and mail it to Mary Schelin, 12 Rockdale Road, Stafford, Virginia 22554. You will be contacted upon receipt.

CASH _____

Please give pre-registration form and cash to Mary Schelin (available at bingo on Friday night) or Carol McGowan (available at bingo on Wednesday & Friday). Or an auxiliary member at our monthly meetings every 2nd Tuesday. If you wish to give the check personally fill free to do so. Pre-registration forms will be available to fill out.

Receipt will be given at the class. No refunds. All proceeds will go towards supplies and service projects.



American Legion Riders Chapter 290 News

By Marty Partridge

Greetings Post-290,

The 290 Riders once again this year participated in the USMC Band of Brothers McGuire Poker Run on Saturday, August 12th. Post 290 also had the privilege of being designated the fourth stop on the poker run. We opened up the Club Room and restroom facilities which gave a much-needed air conditioned with cold beverages and snacks available. Riders from several different veteran organizations and groups and other riders participated in the ride, and got a chance to see our great Post. We even signed up a couple new members. The 290 Riders provided a direct donation of \$250 plus all of our registration fees, raffle tickets and other items purchased by Riders, all going to a great cause. The Band of Brothers raised over \$8,000 for their McGuire VA Hospital Fund, supporting Veterans.

And our newest Rider is Sean Stewart who joined us in August. Welcome Sean!

Keep the rubber-side down!

Marty Partridge
ALR-290 Director



Members of the ALR-290 and USMC Band of Brothers, at the Post Club Room, Stop #4 on the 2023 McGuire Poker Run,

August 12, 2023.

Cub Scout Pack 290 News

By Justin Haney

Hello Legion Family,

Most of you do not know me, I am Justin Haney the Cubmaster for Cub Scout Pack 290. We are chartered through the American Legion Post 290, we started this new pack in June 2023 to get scouts back into the outdoors where they belong and making memories. I personally started in Cub Scouts working my way through "Arrow of Light" the highest honor in Cub Scouts. Then onto the Boy Scouts at the time, to eventually earning my Eagle Scout Award. I have learned so much over the years and constant use the skills and training learned in scouts in my everyday life.

Additionally, I serve as an Assistant Scout Master alongside John and Sharon Patrick with Troop 290G. The Cub Scouts of Pack 290 and the Girls of Troop 290G, are both selling Holiday wreaths as a fundraiser to raise money for our units. These funds will be used to offset the costs of scouting for anything from Camping, Hiking and Other Activities. It is also Popcorn season for the scouts, you can find us at Shoppers (Stafford), Lowes (Stafford), Earls Hardware and Giant on Town and Country. If you would like to support the Pack or Troop, you can reach out to any one of us.

We are also ready to assist the post as requested, this can be anything from helping clean up the grounds, helping at a Bingo Night, or even helping host a Flag Retirement Ceremony. We are always looking for ways to give back to our sponsoring organization and the community.

Those who would be interested in getting involved with scouts; we are ready for you to join our Scouting Family. Cub Scouts is for school age Kindergarten through 5th Grade (5 -10 Years Old) for the Troops its 6th through 12th Grade.

The following are the currently units sponsored by American Legion Post 290

Cub Scout Pack 290, Accepts both Boys and Girls, Meets at the Annex from Fridays 630-730 pm

Cub Scout Pack 907, Accepts both Boys and Girls, Meets at Ebenezer United Methodist Church Tuesdays 7-8pm

Troop 290G, Girl Troop, Meets at the Annex on Mondays 7-830 pm

Troop 907, Boy Troop, Meets at Ebenezer United Methodist Church on Mondays 7-830 pm

You can find more information on these scouting units sponsored by the legion at <https://beascout.org>

My contact information for Pack 290 is Justin Haney, cubmaster@pack290.org, you can also get more information on the wreaths on our pack website.

<https://www.pack290.org/fundraising/wreaths>.



WOULD YOU LIKE TO SUPPORT SCOUTING?

CHRISTMAS WREATHS AND MORE!

Please help us reach our goals by making a purchase or donating through our fundraising page.



Thanks for your support!

Taking Pre-Orders Now!

[HTTPS://PACK290.SQUARESITE/](https://pack290.square.site/)



ABOUT THE POST 290 WEBSITE

By Brandy Fitzgerald

The new website is currently under construction and will be for quite some time. I and the website team are working as quickly as we can, AND as information is given to us, so all of you and the public can find information quickly and efficiently. I also hope in the near future we can incorporate video and a photo gallery of our events that our members can copy from and download photos for themselves.

Information on the website is constantly changing and most of ours must be updated as much of old information was obsolete and will not be used on the new site. The website will no longer be a “file repository” but instead a place for the latest information relating to our post, the Legion, and our programs, as well as from the Department of Virginia and National American Legion. That information is being constructed as you read this.

BE ADVISED: After some research, I have discovered that ALL “views” of the site is governed by lots of code I will not bore you with here but your browsers whether Bing, Mozilla Firefox, Chrome, Microsoft Edge, etc. all change like computer software always does and should be updated to meet the latest requirements of viewing a new website. **Check to ensure you have the latest version of your browser software installed.** The “mobile view” of our website will go under construction this week, so that in the near future, when you look at the website on your mobile device, it will appear normal.

Please email website questions or additional website information to me so I can track them. I will do what I can to ensure additions and corrections are made as quickly as possible. Also, if you come to a General Membership meeting, I will be updating the website live at each meeting, so changes will be made before you even leave the building!

Yours in the Legion,
P. Brandy Fitzgerald
Webmaster
28legionrider@gmail.com

VA to Stop Issuing Paper Checks

Dear Caregivers and Veterans,

Take action now: Complete your direct deposit/electronic funds transfer (EFT) enrollment.

VA will no longer issue paper checks as of October 1, 2023. To ensure uninterrupted and timely PCAFC stipend payments, all Primary Family Caregivers receiving paper checks must complete the EFT enrollment process as soon as possible or before the deadline.

Caregivers can enroll in direct deposit as a vendor through VA’s [Customer Engagement Portal](#). To complete the required form, caregivers will need their social security number, address, and bank routing and account numbers. Step-by-step instructions for enrolling can be found in the [CSP Direct Deposit Enrollment User Guide](#).

For Caregivers that don’t already have a bank account, the [Veterans Benefits Banking Program](#) (VBBP) can connect them with a bank for help setting up an account. Ensuring Timely Payments and Enhancing Security.

A new law, 31 CFR Part 208 – Management of Federal Agency Disbursements, requires that all Federal payments be made through the electronic funds transfer (EFT) system, more commonly known as direct deposit.

CSP recognizes the significance of timely stipend payments for caregivers. The EFT system supports timely stipend payments and enhances security by minimizing fraud risks associated with traditional paper checks.

We understand that adapting to new processes may raise questions or concerns. Should you require any assistance or have inquiries about the EFT enrollment, please contact the VA Financial Services Center’s Customer Care Center at 1-877-353-9791. Alternatively, you can reach out to your local CSP team for assistance. Local contact numbers are available on the [find your caregiver support team webpage](#).

SEPTEMBER 2023 HIGHLIGHTS AT THE POST

September

Sep 04 - Labor Day
 Sep 09 - Karaoke Night - 1900-2200 hrs
 Sep 11 - Patriot Day - 9/11
 Sep 15 - Hispanic Heritage Month -15 Oct (many Latin American countries achieved/declared independence)
 Sep 15 - POW / MIA Day
 Sep 15-17 Rosh Hashanah
 Sep 16 - Tunnel To Towers Climb, Nats Stadium,, 0800 hrs
 Sep 16 - American Legion Day, Federal Charter granted, 1919
 Sep 17 - Constitution Day
 Sep 18 - USAF Birthday, 1947
 Sep 23 - Fall Begins
 Sep 24 - Gold Star Mothers Day
 Sep 24-25 Yom Kippur
 Sep 26-27 - Mawlid
 Sep 29 - 01 Oct - Virginia ALR Rally

CONSTANT BEARING, DECREASING RANGE

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 17 - ALA Unit 290 Making Children's Christmas Stockings 0900 hrs
 Oct 17 - ALA Unit 290 Acrylic Painting Class, 1400 hrs
 Oct 23 - Beirut Bombing, 1983
 Oct 26 - Oct 29 - Department Fall Conference
 Oct 31 - Childrens' Halloween Trick or Treat at Post 290

November

Nov 05 - Daylight Saving Time Ends - Set clocks back one hour.
 Nov 07 - General Election (as applicable to jurisdiction)
 Nov 10 - USMC Birthday, 1775
 Nov 11 - Veterans Day
 Nov 23 - Thanksgiving

December (National Bingo Month)

Dec 03 - Children's Christmas Party
 Dec 07 - Pearl Harbor Day
 Dec 07 - 15 - Hanukkah
 Dec 09 - Post 290 Oratorical Contest - More info to follow
 Dec 15 - Bill of Rights Day - 1791 First ten Amendments to the Constitution Ratified
 Dec 21 - Winter Solstice - First Day of Winter - Shortest Day
 Dec 25 - Christmas Day
 Dec 31 - New Year's Eve

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 Brigs
 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**

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			BINGO		1 BINGO	2
3	4 Labor Day	5	6 BINGO	7	8 BINGO	9 Karaoke Night, 1900-2200
10	11 Patriots Day ALR Monthly Meeting 1800-2000	12 General Members Mtg. - 1930	13 BINGO	14	15 POW/MIA Recognition Day Rosh Hashanah Begin Hispanic Heritage Month BINGO	16 American Legion Day (Charter 1919) Honor Guard Steak Night 1630-1900
17 Constitution Day	18 USAF Birthday	19	20 BINGO	21	22 BINGO	23 First Day of Fall
24 Gold Star Mothers Day Yom Kippur	25 Executive Committee Mtg. 1930	26 Mawlid	27 Mawlid BINGO	28	29 BINGO	30