



American Legion Post 290

Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

Stafford, Virginia

October 2023

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

Greetings! I hope everyone is doing well.

I want to thank all those that were able to come out and support us on September 11th, as we remembered that fateful day and what transpired. It means so much and we should never forget!

Please take time in the next couple of months to check on the elderly, sick, and homebound that you may know, who uses oil heat or gas. Let's help them make sure they are prepared for the winter months.

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 all who continue to step up and volunteer for bingo, kitchen duties, and farmer's market. You guys are doing a great job and we appreciate you!
October 14th is our Honor Guard steak night, so please show your support and enjoy a great meal at the same time!

Always 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

October 290 Club drawing will not be held again this year due to another COVID outbreak in our area.

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

.Why am I a member of the American Legion?

My father, William A. King, was a 20-year Air Force veteran who retired in 1974 out of Travis Air Force Base in California. Eventually we moved to Colona, Illinois where he grew up and he got involved in the Green Rock/Colona American Legion Post 1233. He was a post commander, marched in the honor guard in parades, did military honors at funerals, managed their bar, and many other activities over the years. Growing up, I had many opportunities to participate in American Legion family activities and see my father's love and dedication for his country and fellow veterans.

When my father passed away in 2008, we buried him in his honor guard uniform and held the funeral dinner at Post 1233. I had the honor to be a part of the funeral and military honors as a military chaplain. I had always admired my father's service to his country and his involvement in veteran's organizations.

Therefore, once I was eligible to join the American Legion due to my military service, I quickly joined the American Legion and become a member of Post 21, Independence, Missouri in 2004. I eventually transferred to Post 290 in 2022 with a desire to get involved once again in the American Legion beyond being a dues paying member. This has led to my current role as the post chaplain, a good fit having served 20 years as a chaplain in the Army National Guard and currently as a pastor of a local church (North Stafford Baptist Church). Feel free to reach out to me by phone or email me as your chaplain for Post 290.

BINNACLE LIST

Jamie Dufrene is still recovering at home after a long stay in the hospital in July for bleeding on the brain. Continue to pray for his full recovery.

Robert Ponzo had knee replacement surgery on September 18th. Pray for his continued recovery.

Les Wood is having ongoing radiation treatment on his ear. Pray that it is effective.

John Cox will have surgery on the 4th of October. Pray that it goes well and he makes a full 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

We hope you will join our Unit for a day of service and camaraderie as we gather to sew Christmas Stockings for the annual Children's Christmas party. Gather with us at 9 A.M. on October 17th to sew or assist with sewing if you don't sew! Afterwards, try out the "Tap Into Your Creativity" Winter Landscape Acrylic Painting class. The cost is \$30.00 to cover supplies. Thank you to Mary Schelin who will be our instructor-all supplies will go home with attendees. A free light lunch will be provided by the Auxiliary at 1 p.m. Reserve your spot in the class by October 11th.

Our Unit is comprised of numerous committees that support the mission and goals of the American Legion Auxiliary. Support of members is needed to chair these committees and oversee the activities attached to them. Many committees are chaired by our officers who are additionally busily engaged in fulfilling the duties of their Auxiliary offices. Would you consider chairing or serving on a committee for the 23/24 year ahead? Contact any officer for more information.

Committees include:

Americanism; Audit; Auxiliary; Emergency Fund; Children & Youth; Committee Service
Constitution & Bylaws; Education; Junior Activities; ALA Virginia Girls State; Leadership
Legislative; Past Presidents Parlay; Poppies; Veterans Affairs and Rehabilitation (VA & R)

We look forward to welcoming our 2023 12 ALA Virginia Girls State delegates to our October 10th meeting as they share of their experiences before our October meeting. The meeting starts at 7 pm to give the delegates time to speak. Please make plans now to attend.

Membership is slowly trickling in. If you have not yet paid your 2023/24 dues, please send your \$35.00 check to Box 125 Stafford, VA 22555 attn Auxiliary or drop by the Post building any Wednesday or Friday from 2 until 10 pm as Bingo workers will be happy to pass your check on. Did you know you can also pay your dues on line at the National Site? Visit legion-aux.org which is the National web site.

Thanks to Ginger Briggs who manages membership deposits and payments to Department and National. Don't forget you can enjoy a FREE dinner at the Post October 7th if you are an Early Bird with your dues payment. See the calendar for time details.

We continue to need help on Wednesdays in the kitchen during Bingo, come help!

Save the Date!

Annual ALA Unit 290 Children's Christmas Party will be held on Sunday, December 3. Children 10 years old and under are welcome. Seating is limited and registration will be required. More info to follow.

We need volunteers to make this a success. Please contact Kathy Payne at slimzeke@aol.com

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 rfargowells@hotmail.com.

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.

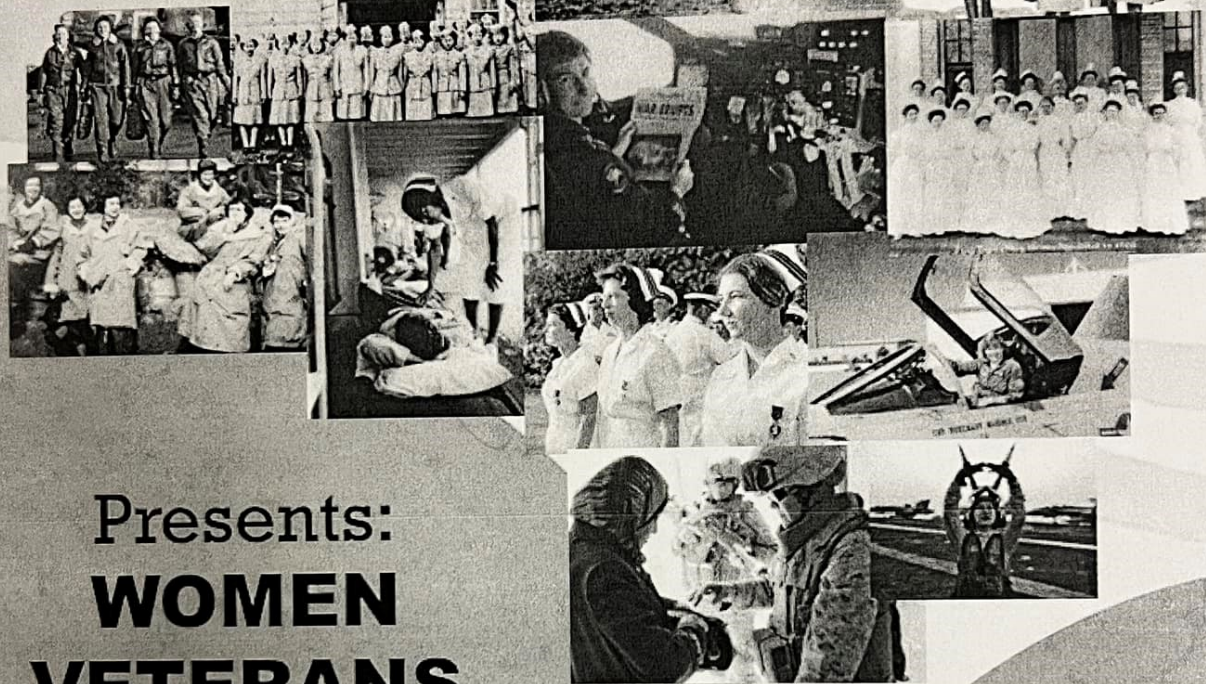
CASH _____

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



Presents: **WOMEN VETERANS SYMPOSIUM**

INFORMATION COVERED:

- What does my VA have to offer?
- VA burial benefits
- Advanced directives
- How to file a claim with the VA
- Caregivers
- Healthcare resources
- Veteran homelessness

**GUEST SPEAKERS
REFRESHMENTS
QUILT RAFFLE**

*This is a Women-only event.

**SATURDAY
14 OCTOBER
2023**

1 PM – 4 PM (1300-1600)

**THE AMERICAN LEGION
POST #55**

**461 WOODFORD ST.
FREDERICKSBURG, VA 22401**

FOR MORE INFORMATION CALL:

(540) 681 - 1486

OR EMAIL:

fredericksburgpost55@gmail.com

FREE TO ATTEND!

American Legion Riders Chapter 290 News

By Marty Partridge

Greetings Post-290,

Great News – the Virginia American Legion Riders collectively donated \$121,000 to the National Legacy Scholarship, the third highest Department throughout all of The American Legion. In total, the donations presented at the National Convention were \$1,551,631! Great work by all.

Thanks to the Post's new Third Vice, Kenny Westenberger, for stepping up and looking for opportunities to create fun events at Your Post. He held our first Karaoke Night at the Post Clubroom on Saturday, September the 9th, and although it got off to a bumpy start with a short power outage, it was a GREAT TIME! Several Riders attended as well as a few other members. Thanks to Brandy Fitzgerald for manning the Karaoke machine and Mike Miller for bartending (and the other bartenders that chipped in while Mike took control of the Mic). We even had a surprise out of town guest, Dave, a Legionnaire from Massachusetts. He had a great time, felt very welcomed by Post 290 and is looking forward to visiting again on his next trip down here to visit.

The 13th Annual Virginia American Legion Rider's Rally took place at the end of September and several 290 Riders attended. I'll be sure to fill you in on all the fun had.

Our newest Riders joining at our September 11th meeting are Cesar Ferrer, Jesse Hammond and Joey Fox. Welcome!

Keep the rubber-side down!

Marty Partridge
ALR-290 Director

VA Has Stopped 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](#).

American Legion Dues News

By Editor

Important American Legion Membership Announcement: A \$5 dues increase was voted on and passed during our recent National Convention. This will take effect on July 1, 2024, for the 2025 membership year. Post 290 membership dues will then increase to \$40. Any PUFL memberships between now and June 30, 2024 would be calculated at the current National per capita. National has also recently confirmed that it will start a three-year membership program; however, it is not expected to be active until January 2024 or later.

or...You May want to Consider Becoming a Paid Up For Life (PUFL) Member

Current members may now enroll in the Paid Up For Life program online or can print a personalized application and mail in their payment. Pay in full or choose 12 monthly installments.

AGE	18-29	30-39	40-49	50-59	60-69	70-79	80-89	90+
FEE	\$1,535	\$1,399	\$1,229	\$1,025	\$815	\$599	\$429	\$329

Monthly Pricing for 12 months payments

\$127.92 \$116.58 \$102.42 \$85.42 \$67.82 \$49.92 \$35.75 \$27.42

- No more renewal notices. No more paying annual dues.
- No more worrying, "Did I renew my membership or not?"
- Join the other 184,000 PUFL Legionnaires in saying, "I believe in The American Legion and what it's doing. I'm in this for the long haul."
- *Avoid future dues increases.* No matter what inflation does, you never have to pay another penny in dues.

Lifetime subscription to The American Legion Magazine!

Each Paid Up For Life member receives a permanent plastic card, as well as an annual paper card to verify continuing membership in The American Legion. The annual card is mailed in July of each year.

Lifetime membership can be paid either in one single lump sum or over 12 equal, monthly payments.

If a member chooses the Time Pay Plan, payment must be made by credit card only. (Check for online promotions if paying in full.) Once a member fulfills the PUFL membership dues, he/she will be protected from any future dues increases at the post, department or national levels.

All PUFL applications must be submitted to National Headquarters by one of two methods:

1. *Online applications:* Visit MyLegion.org to complete an online application.
2. *Call Customer Service:* Members can speak to a customer service specialist by calling **1-800-433-3318**. They can answer questions regarding the PUFL program as well as print and mail PUFL applications or take them over the phone.

HOLIDAY FOOD BASKET SCHEDULE OF EVENTS

Brian "BJ" Payne is chair for this program:

Holiday Food Basket Program Schedule

Volunteers needed! Spread the word!

Wednesday, Nov 1-3 @ 8:00am Meet at Annex to deliver collection boxes to schools

Dec 11-14 @ 8:00am Meet at Annex to pickup boxes from schools

Trailers/vans/pickups are helpful but not necessary

Friday, Dec 15 @ 8:00am Sorting @ Annex

Saturday, Dec 16 @ 8:00am Packing @ Annex

Sunday, Dec 17 @ 8:00 Distribution @ Annex

Volunteers are needed or if you have questions contact: post290foodbasket@gmail.com

OCTOBER 2023 HIGHLIGHTS AT THE POST

October

Oct 01 - Final day of Virginia ALR Rally
 Oct 03 - Stafford Community National Night Out - Stafford Marketplace Target Parking Lot
 Oct 05 - 08 - Stafford County Fair, University of Mary Washington
 Oct 07 - Early Membership Renewal - Early Bird Appreciation Dinner
 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 14 - Women Veterans Symposium, Fredericksburg Post 55, 1300-1600
 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 29 - Marine Corps Marathon, 0755 hrs
 Oct 31 - Childrens' Halloween Trick or Treat at Post 290

CONSTANT BEARING, DECREASING RANGE

November

Nov 1-3 - Food Basket Program - Meet at Annex, 0800 Deliver boxes to schools
 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 11 - 14 Food Basket Program - Meet at Annex, 0800 Collect boxes from the schools
 Dec 15 - Food Basket Program - Meet at Annex, 0800 Begin sorting
 Dec 15 - Bill of Rights Day - 1791 First ten Amendments to the Constitution Ratified
 Dec 16 - Food Basket Program - Meet at the Annex 0800, Packing boxes
 Dec 17 - Food Basket Program - Meet at the Annex, 0800, Distribution of Food Baskets
 Dec 21 - Winter Solstice - First Day of Winter - Shortest Day
 Dec 25 - Christmas Day
 Dec 31 - New Year's Eve Party (Tentative)

2024

January

Jan 14 - District Oratorical Contest
 Jan 15 - Martin Luther King Jr. Day

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 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**



October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Final Day VA ALR Rally	2	3 Stafford Community Night Out	4 BINGO	5 Stafford County Fair 5-8 Oct	6 BINGO	7 Stafford Fall Family Festival Early Bird Dinner
8	9 Indigenous People's Day Columbus Day Holiday ALR Meeting	10 General Members Mtg. - 1930	11 BINGO	12	13 US Navy Birthday, 1775 BINGO	14 Women Vets Symposium, Post 55
15	16	17 ALA Christmas Stockings and Acrylic Art Class	18 BINGO	19	20 BINGO	21 Honor Guard Steak Night 1630-1900 Karaoke Night, 1900-2200
22	23 Beirut Bombing, 1983 Executive Committee Mtg. 1930	24	25 BINGO	26 Dept. Fall Conf.	27 Dept. Fall Conf. BINGO	28 Dept. Fall Conf.
29 Dept. Fall Conf. USMC Marathon	30	31 Children's Halloween Trick or Treating	BINGO		BINGO	