



American Legion Post 290

Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

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Stafford, Virginia

August 2025

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

Dear Legion Family,

As the summer stretches on and the days grow hot and steady, we find ourselves in a rare moment of pause. August may not be filled with events or ceremonies, but it offers us a quiet opportunity to reflect and remember.

August 7th marks Purple Heart Day, a solemn and powerful reminder of the sacrifices made by the men and women who were wounded or killed in combat while serving in the U.S. military. These are not just medals, they are symbols of courage, endurance, and the deep price of freedom.

Let us take time this month to honor those among us who carry the weight of those sacrifices, both seen and unseen. If you know a Purple Heart recipient, reach out. Thank them. Listen to them. And remember that our mission as Legionnaires is not only to serve, but to support and uplift one another.

We may not have a packed calendar this month, but that doesn't mean we won't gather. Join us for Steak Night on Friday, August 16th; a time to come together for good food, good conversation, and the kind of camaraderie that reminds us why we're here. Whether you're a regular at the Post or it's been a while, we'd love to see you.

Remember to check on your fellow veterans, support a neighbor, or take a quiet moment at the Post to reflect. These small acts of care are what keep our community strong.

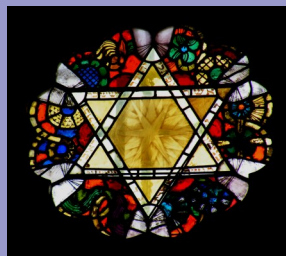
As we honor Purple Heart Day, I leave you with these words from General George Washington:

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation."

Thank you for continuing to stand tall in service, in memory, and in unity.

For God and Country,
Rick Schultz
Commander, Post 290

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



Post Everlasting

By Darren King

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

No reports.

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

Chaplain's Corner

By Chaplain Darren King

For God and Country:

The motto of the Army Chaplaincy Corp is "For God and Country". This is also part of the introduction to the Preamble of the American Legion: "For God and Country, we associate ourselves together for the following purposes..." With its motto "For God and Country," the Legion affirms the importance of moral character, spiritual grounding, and patriotic responsibility in public and private life. Its preamble to the Constitution emphasizes devotion to mutual helpfulness, the promotion of peace and goodwill, and the safeguarding of America's foundational principles—all rooted in a sense of divine accountability above and beyond the organization and the country.

This is why we engage in programs and events that reflect these values, including chaplain-led invocations and benedictions at meetings, flag retirement ceremonies, and commemorative services on Memorial Day and Veterans Day and why we celebrate the Four Chaplains during our Post Everlasting Ceremony in February. These activities are often marked by reverence, gratitude, and reflection on the sacrifices made for freedom. Through these traditions, the Legion fosters a shared moral heritage that transcends generations, inviting both veterans and their communities to uphold civic virtue and spiritual integrity.

Moreover, the American Legion invests in youth development through programs like Boys State and the Oratorical Contest, which not only teach citizenship and leadership but also highlight the role of faith and ethical decision-making in public service. By supporting veterans and mentoring young Americans, the Legion remains a steadfast institution where service, faith, and American values come together to build stronger communities and a more principled nation. For God and Country!

BINNACLE LIST

No report.

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.

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American Legion Auxiliary Unit 290 News

By Mary Schelin

Dear Auxiliary Members of Post 290

Happy August to all,

Ice cream social was held on July 27, 2025 (Sunday) to welcome all ALA members, new members, Juniors, and their guests. It is on Facebook.

Also, September 20, 2025 (Saturday) the ALA is hosting "How to Make Egg Rolls" a class taught by our own Mary Grace Ocasio. It will be held at the post, with more information to follow.

October 11, 2025 (Saturday) a reminder that we have our fall craft show. Anyone who would like to assist please let Mary Schelin know.

Thanks to all for their ideas, plans, and thoughts and assistance.

Sincerely,
Mary Schelin

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



American Legion Auxiliary Unit 290 News



2025 CRAFT SHOWS

OCTOBER 11, 2025

10:00 a.m.-3:00 p.m



Fall – Holiday



Craft Show

Unit290poppies@aol.com

Indoor, original crafts, no admission fee, door prizes, and more

Shop for Celebrations, Holidays, or treating yourself.

Staffordpost290.org

American Legion Riders

By Marty Partridge

LEGACY RUN - FUELED BY COMMUNITY SPIRIT

For 18 years, the American Legion Riders have journeyed across the nation, rallying communities to their cause. The sight of flag-waving supporters lining streets and overpasses—cheering as our riders pass by—continues to fuel this mission.

Since its inception in 2006, The American Legion Legacy Run has raised \$16 million dollars for The American Legion Legacy Scholarship Fund. These funds have provided over \$6.2 million dollars in scholarships to support the higher education of children who lost a parent in active military service on or after September 11, 2001, or whose post-9/11 parent has a VA disability rating of 50% or higher.

Thanks to the enduring success of the Legacy Scholarship Fund—now self-sustaining for the foreseeable future—the Legacy Run expanded its mission in 2024 to begin fundraising for The American Legion Veterans & Children Foundation (VCF). This new chapter ensures we continue addressing the evolving needs of veterans and military families.

None of it would be possible without the unwavering support of local Legion posts, businesses, city officials, and law enforcement.

Join us August 17 to 21, 2025 on the 2025 American Legion Legacy Run, advancing hope for veterans and their families through our fundraising efforts for The American Legion Veterans & Children Foundation (VCF).

The route will showcase the stunning landscapes of the American South and vibrant eastern coastline, including the scenic beauty of South Boston, VA, the historic Fort Bragg in North Carolina, and the charming beach coast of Wilmington and Myrtle Beach

To support participants of the **2025 Legacy Run**, national headquarters is providing a structured peer-to-peer (P2P) fundraising platform. This tool is designed to help Riders and supporters amplify their impact through personalized fundraising and their social networks.

Since its inception in 1925 as the American Legion Endowment Fund, the foundation has assisted millions of veterans, their families and children in need. In 2019, the American Legion Endowment Fund began doing business as the American Legion Veterans & Children Foundation to more clearly state who benefits from tax-deductible donations to the separate non-profit 501c3 element of the nation's largest veterans organization.

The foundation relies entirely on charitable donations from individuals, like-minded associations and corporate allies.

Article downloaded on 7/19/2025 from: <https://www.legion.org/get-involved/community-programs/veterans-and-children-foundation>

Keep the rubber-side down!

Marty Partridge
ALR-290 Director

Odds and Ends

THURSDAY FUN
By Brandy Fitzgerald

COME OUT ON THURSDAYS AND PLAY QUEEN OF HEARTS!! Queen of Hearts game has come to Post 290. It is the ultimate progressive game and tickets are on sale whenever the post Social Quarters bar is open! Drawing is every Thursday at 7pm! Social Quarters opens Thursday at 3pm.

MIDDLE SCHOOL ESSAY CONTEST WINNER
By Fargo Wells

The 2025 Middle School Essay Winner was awarded her \$100. From Mike Robinson for the Post Level contest. She also won the District level and District Americanism Chairman Gary Nickelson from Post 295 was on hand to present the student and teacher a gift card each. The student Sabrina El Shikh is a 6th grader at Shirley Heim Middle School where she wrote an essay in the Middle School Essay Contest "Why I Like Living in America" The Teacher Dr. Harding has had 2 students win this honor and we are happy to work with him and thank him for encouraging his classes to participate every year. Dr. Harding was happy the winner is at his school and was happy to work with American Legion Post 290.



From Left to Right Principal Matthew Hills, Teacher Dr. Jack Harding, 6th grade student Sabrina El Shikh, Mike Robinson Middle School Essay Chairman Post 290, District 16th Americanism Chairman Gary Nickelson Post 295, Fargo Wells Squadron 290 Commander, Assistant Principal Jacinda Patishnock (Photo by Shirley Heim Office Administrator Deborah Mcaleese)

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 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.

Thank you,
Fargo Wells

FIREWOOD AVAILABLE FOR FAMILIES IN NEED

The Stafford Post 290 BSA Venture Crew Scouts are conducting a community service project to deliver firewood to families, in need, in Stafford County. The Venture Crew will also cut up and remove wood from properties that may have fallen after a storm or wood that individuals are willing to donate.

To date the Venture Crew's Firewood donation program for those in need: has delivered 96 cords of wood, to needy Stafford residents who heat primarily with firewood. Mike Robinson could always use volunteer support.

The Venture Crew is accepting monetary donations to help in this project or to support the Venture Crew. If wanting to volunteer to help cut and split wood, or help stack or deliver firewood for this project, please call Mike Robinson, (540) 760-3255.

A cord is a unit of cut firewood which equals a stack of 4x4x8 feet or 128 cubic feet.

UPDATE: Venture Crew 84's firewood donation program has cut, split, delivered and donated 25 cords of firewood this season (24/25) to needy households (\$7,000 value of donation)

AUGUST 2025 HIGHLIGHTS AT POST 290

August National Wellness Month

Aug 04– US Coast Guard Birthday - 1790
 Aug 07 - Purple Heart Day
 Aug 14 - VJ Day
 Aug 14 - 19 American Legion Baseball World's Series
 Aug 17 - 21 - American Legion Riders Legacy Run

CONSTANT BEARING, DECREASING RANGE

Mark your Calendars!

As many of you know, this year marks the 250th Birthdays of the U.S. Army (June 14th), U.S. Navy (October 13th) and U.S. Marine Corps (November 10th). As we are a Post 290 family of Veterans, Wives, Husbands, Sons, Daughters, and Grandchildren from all Services, the Post is planning a Joint Celebration of the Army, Navy and Marines on Saturday, September 13th, 2025. This will be a Potluck event, and details for RSVP and other information will be forthcoming in the August Newsletter, on the Post website and Facebook.

What: Army, Navy & Marine 250th Birthday Celebration
 When: Saturday, September 13th, 2025; 1:00-6:00pm
 Where: Stafford American Legion Post 290

Brandy Fitzgerald
 3d Vice Commander

September

Sep 11 - Patriot Day - 9/11
 Sep 19 - POW / MIA Day
 Sep 16 - American Legion Day, Federal Charter granted, 1919
 Sep 17 - Constitution Day
 Sep 18 - USAF Birthday, 1947
 Sep 28 - Gold Star Mother's Day

October

Oct 09 - Columbus Day
 Oct 11 - Auxiliary Craft Show
 Oct 13 - US Navy 250th Birthday, 1775
 Oct 23 - Beirut Bombing, 1983
 Oct 31 - Children's Halloween Trick or Treat at Post 290

Nov

Nov 02 - Daylight Saving Time Ends, the Return of the Dark Ages
 Nov 04 - Election Day
 Nov 10 - USMC 250th Birthday, 1775
 Nov 11 - Veteran's Day, Courthouse Wreath Laying, 0900
 Nov 27 - Thanksgiving Day

December

Universal Human Rights Month

Dec 07 - Children's Christmas Party, 1400hrs (2 pm)
 Dec 07 - Pearl Harbor Remembrance Ceremony followed by showing of "Pearl Harbor" the movie.
 Dec 11 - Hanukkah begins at sunset
 Dec 13 - Army Navy Football Game, 1500hrs
 Dec 20 - Space Force Birthday, 2019
 Dec 22 - Hanukkah ends at sunset
 Dec 25 - Christmas Day
 Dec 26 - Jan 01 Kwanzaa
 Dec 31 - New Year's Eve



**YOUR ELECTED POST
290 OFFICERS**

Commander Rick Schultz
 1st Vice Greg Nilges
 2nd Vice John Patrick
 3rd Vice Brandy Fitzgerald
 Adjutant Mike Scullin
 Finance Robert Ponzo
 Service Ofc. Jim Richey
 Chaplain Darren King
 Sgt at Arms John Cox
 JAG Garry Briggs
 PAO Cliff McDaniel
 Historian VACANT



**YOUR AUX UNIT 290
ELECTED OFFICERS**

President Mary Schelin
 Vice Pres Kathy Payne
 Secretary Grace Ocasio
 Treas Marilyn Butters
 Chaplain Dale Seward
 Historian Pearl Nelson
 Sgt at Arms Teresa Hardisty

**STAFFORD AMERICAN
LEGION POST 290**

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

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Wellness Month			BINGO		1 BINGO	2
3	4 US Coast Guard Birthday, 1790	5	6 BINGO Hiroshima, 1945, Weapon Little Boy	7 Purple Heart Day	8 BINGO	9 Nagasaki, 1945 Weapon Fat Man
10	11 ALR Monthly Meeting	12 General Members Mtg	13 BINGO	14 VJ Day, 1945 American Legion Baseball World's Series	15 BINGO American Legion Baseball World's Series	16 Steak Night and Karaoke night American Legion Baseball World's Series
17 American Legion Baseball World's Series Legion Riders Legacy Run	18 American Legion Baseball World's Series Legion Riders Legacy Run	19 American Legion Baseball World's Series Legion Riders Legacy Run	20 BINGO Legion Riders Legacy Run	21 Legion Riders Legacy Run	22 BINGO	23
24/31	25 Executive Committee Meeting	26	27 BINGO	28	29	30