



American Legion Post 290 Newsletter

edited by Siegfried Gates



The Friendliest Place in Virginia!

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Stafford, Virginia

September 2025

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

Comrades,

As we enter September, I want to remind everyone that now is the time to take care of your membership renewal. Renewing early helps keep our Post strong and ensures that we remain ready to serve our veterans, their families, and our community without interruption. I also encourage each of you to reach out to a fellow veteran, friend, or family member who may be eligible for membership. A personal invitation can bring someone into the Legion family who might be looking for the very camaraderie and purpose we share here.

This month also brings a solemn day of remembrance. On September 11, we pause to honor the lives lost in the attacks of 2001, the heroes who rushed forward in service, and the men and women who answered the call in the years that followed. Let us never forget the sacrifices made, and may we carry forward their memory by continuing our service with dedication and unity.

As the colder months approach, let us not forget our elderly comrades. A simple call, visit, or act of kindness can mean the world to someone who may feel forgotten. These gestures reflect the very heart of what it means to be part of the Legion family.

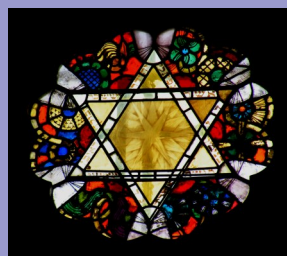
While our official calendar is light this month, there is no shortage of ways to serve; through outreach, connection, and acts of service both large and small. Every effort strengthens our Post and our presence in the community.

Thank you for standing with us, for renewing your commitment, and for carrying forward the mission of service, honor, and care.

Yours in service,
Rick Schultz
Commander, American Legion Post 290

***THE NATIONAL SUICIDE PREVENTION HOT LINE is live!
VETERANS Dial 988 then Press 1***

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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

Why Labor Day is Important

Labor Day has become a weekend to signal the end of the activities of Summer and to start focusing on the activities of the new school year. It is a time for that last outdoor party around the firepit or the BBQ grill. For many, the purpose and importance of Labor Day have been forgotten or set aside.

Why is Labor Day important? Because it reminds us that peoples' labor to the community is important. It is their labor, whether paid or volunteer through organizations like the American Legion, help people to flourish. Therefore, it reminds us that we are stewards of the community in which we live.

Whether it is the farmer planting and harvesting fields, the teacher shaping and molding young minds, the mechanic diagnosing and repairing vehicles, or the neighbor volunteering at a food pantry or a church, labor is more than simply an exchange of time for money. Labor is service that strengthens communities, builds relationships, and reflects our shared responsibility for one another's good. These efforts illustrate a profound truth: when we give of our time and energy, we are strengthening bonds of trust and care that hold communities together.

Through our labor, paid or unpaid, we love our neighbor and community and seek to do them good. We show that labor is good and right and honoring and dignified, not something to be endured but celebrated for the good that the farmer, the teacher, the pizza delivery driver, the American Legion volunteer brings to the community. It is in essence a celebration of the common good that we all share in. Let us celebrate and it won't hurt to throw a burger on the grill.

BINNACLE LIST

Mike Robinson continues to recover from surgery.

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

Hello everyone and I have some exciting news to share! We have reached 108% of the total membership. Let us aim to meet a better goal for 2026. Thank you, Ginger, and those who recruited. A certificate was presented to the Auxiliary at our first ice cream social by Paula Mullins, President of the 16th District. Mentioning the ice cream social, it was successful with fifteen in attendance including Paula Mullins and Jennifer Lowe, Secretary/Treasurer and Girls State for the 16th District. Members received their membership pins, and our junior member not only received her junior pin but acknowledgement for having an article in the Auxiliary Magazine. Way to go!



On Saturday, September 20, 2025, beginning at 11:00 am in the post hall the ALA is offering a drawing workshop, BARNS. Ages eight and up. (If you have a child under the age of 8 and they would like to participate, please contact Mary at Unit290poppies@aol.com.) The Workshop is free, and you are welcome to bring your own supplies. Suggested supplies are listed below. If you want the drawing kit purchased for you, the cost is \$25.00. The kit includes Quality Drawing Pencils and Artist Tools for drawing and sketching materials. The kit includes: 3 Graphite Pencils, 2 Charcoal Pencils, 1 Layout Pencil, 1 Sandpaper Paddle, 1 All-Art Sharpener (S-650), 1 Extra Soft Artist Eraser (ES-20) Art gum eraser, Kneaded eraser and Sketch Book 8.5" X 11", Spiral Bound & 12" ruler. Please let Mary Schelin know either verbally or at Unit290poppies@aol.com no later than Monday, September 15, 2025, to allow time for supplies to be ordered. Light lunch provided.

Please remember we have a Fall Craft Show on Saturday, October 11, 2025. Mark your calendars to come by. If you are an artisan or know of someone, application is on Staffordpost290.org. Please consider participating in or advertising this event. There is no admission fee, donations will be accepted. What could be easier than shopping at the home post for Christmas? Information and Assistance is needed with setting up and breaking down. It is important to show our guest artisan's support. Please come by.

. Hope you can join us,

Sincerely,
Mary Schelin



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American Legion Auxiliary Unit 290 News

By Mary Schelin

DRAWING WORKSHOP — beginners and advanced — BARNS

Workshop is free.

Fun Time sponsored by Unit 290 Auxiliary.

Saturday, September 20, 2025, beginning at 10:00 am – 2:00 pm

Light lunch provided.

Ages 8 and up. (If you have a child under the age of 8 and would like to participate, please contact Mary at Unit290pop-pies@aol.com.)

Quality Drawing Pencils and Artist Tools for drawing and sketching in kit

\$25.00 per person if you wish drawing kit provided. The kit includes: 3 Graphite Pencils, 2 Charcoal Pencils, 1 Layout Pencil, 1 Sandpaper Paddle, 1 All-Art Sharpener (S-650), 1 Extra Soft Artist Eraser (ES-20) Art gum eraser, Kneaded eraser and Sketch Book 8.5" X 11", Spiral Bound & 12" ruler.

If you would like to bring your own drawing supplies, please feel free to do so.

If you wish your supplies purchased, please let Mary know no later than Monday, September 15, 2025, to allow time for supplies to be ordered. Kit can also be shared with family members.



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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

Howdy Post 290!

Unfortunately, I was unable to provide input for the August Newsletter, but here is a quick update.

Chapter 290 Riders once again had a great showing at the Virginia Legacy Run with 14 Riders plus 3 guests, June 19-22, 2025 at Natural Bridge, Virginia. The Rides around that area of the state beautiful. Once again, Post 290, Auxiliary Unit 290 and Chapter 290 led from the front with a combined direct donation of \$8,500, (largest of any Post Family) plus all of our individual registrations, T-shirt purchases, raffles, etc.. All of the proceeds will be part of the Virginia's donation to The American Legion Veterans and Children's Foundation at the end of the National Legacy Run in Tampa, Florida in late August.

On July 12th, 2025 we held our first ever "Christmas in July – Toys-for-Tots Ride". This was a unique ride in that we headed out to Purcellville to the Jackpot Pinball Arcade and played vintage pinball games, then over to Post 293 for lunch and headed back to Stafford. This year it was for Chapter 290 and invited guests, but next year, we are looking to expand this beyond our Chapter.

We raised \$270 for our Toys-for-Tots drive.

I hope everyone has a Happy Labor Day weekend.

Keep the rubber-side down!

Marty Partridge
ALR-290 Director

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Jr. Shooters Sports Team at the 2025 CMP National

By Mike Flanagan

Our American Legion Post 290 Jr. Shooters Sports Team made it to the 2025 CMP National Three-Position Sporter Air Rifle Championship. This is the 3rd year in a row that our team made it to the national level.

The road to the Championship starts early in the year when our team fires a match at our home range in January. From this match, the top 15 - 4 person teams and top 20 individuals in the region are invited to the regional match in Ohio. Our region is basically every state this side of the Mississippi. Next the top 27 Teams from the regionals come together and shoot for the best in the Nation.

This year our team competed at Camp Perry is home to the historic National Matches 19 – 21 June 2025. We were able to send a 4-person team and one alternate as well as 1 individual. Our team finished 9th place overall and 3rd place in Jr. Club category.



L-R: Elizabeth Gunn, Marisa McDonough, Jessica Gioia, Logan Hawkins, Jackson Niesent, and Jeremy Weldon.

Our Team's New Home

Now that the Annex is sold, our Jr. Shooting Sports Team is settling in the main hall of our Post. We are working through a little settling pains just like the other programs of our Post, due to the downsizing. Over the next few months, you will see wooden boxes that will hold the electronic targets lining the back wall in the hall. Eventually there will be doors, and the targets will not be so obvious. I am excited to show off our trophies for all the members to see.

We started off competing in the Virginia games where our Team took home the Silver for the Team, also 3 additional silver and 1 bronze medal for individual events.



HOLIDAY FOOD BASKET PROGRAM

by BJ Payne

Tis the Season to Prepare for the Annual Holiday Food Basket Program

The Post 290 Holiday Food Basket (HFB) Program has evolved over the years, but the mission to support our community in need has remained the same. Furthermore, Post 290 continues to be a registered community sponsor of the Stafford County Department of Social Service's (DSS) Holiday Program, which provides Christmas (or Thanksgiving) assistance to families by matching businesses, churches, and community groups with those in need. DSS families who qualify are invited to register with the Stafford County DSS for food and gifts through this Holiday Program. As a community sponsor, Post 290 collaborates with DSS and is matched with approximately 100 or more of these local families to provide food assistance during the Christmas season.

Post 290 has supported the Stafford County community in need for more than 70 years and presently the HFB is the Post's largest community outreach project. Today's HFB Program focuses on providing food boxes of non-perishable fruits, vegetables, grains, and proteins to the local families in need. Post 290 also distributes a loaf of bread and a restricted gift card so that these families can choose either a ham or turkey and whichever produce is best for their particular situation.

FOOD COLLECTION at POST 290

During BINGO on Wednesdays & Fridays

Please, NO glass containers or expired food—including past "best by" dates.

NEW LOCATIONS FOR TASKS & DISTRIBUTION!

SORTING & PACKING:

MOUNTAIN VIEW RESCUE SQUAD, 1268 Mountain View Rd

DISTRIBUTION:

POST 290, 1141 Mountain View Rd

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FOOD BASKET PROGRAM

VOLUNTEER SCHEDULE *(subject to change)*

Wednesday, Nov. 5 @ 8:00 AM
Deliver collection boxes to SCPS
Meet in the Post 290 lower Sports Complex parking lot

Monday, Dec. 15 @ 8:00 AM
Pick up filled collection boxes from SCPS and begin sorting
Meet at the new location at the MOUNTAIN VIEW RESCUE SQUAD, 1268 Mountain View Rd

Tuesday, Dec. 16 @ 8:00 AM
Sort food
Meet at the new location at the MOUNTAIN VIEW RESCUE SQUAD, 1268 Mountain View Rd

Wednesday, Dec. 17 @ 8:00 AM
Sort food
Meet at the new location at the MOUNTAIN VIEW RESCUE SQUAD, 1268 Mountain View Rd

Thursday, Dec. 18 @ 8:00 AM
Pack food boxes
Meet at the new location at the MOUNTAIN VIEW RESCUE SQUAD, 1268 Mountain View Rd

Friday, Dec. 19 @ 8:00 AM
Pack food boxes and load trailer
Meet at the new location at the MOUNTAIN VIEW RESCUE SQUAD, 1268 Mountain View Rd

Saturday, Dec. 20 — 11:00 AM – 5:00 PM
Volunteers arrive at 10:00 AM
Distribute boxes to families
Meet at POST 290, 1141 Mountain View Rd

Sunday, Dec. 21 — 11:00 AM – 4:00 PM
Volunteers arrive at 10:00 AM
Distribute boxes to families
Meet at POST 290, 1141 Mountain View Rd

Visit this link for more information about the:
[Stafford County Department of Social Services Holiday Program](#)

Contact Information: post290foodbasket@gmail.com

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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.

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)

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SEPTEMBER 2025 HIGHLIGHTS AT POST 290

September National Suicide Prevention Month

Sep 01 - Labor Day Holiday
 Sep 11 - Patriot Day - 9/11
 Sep 13 - Army, Navy & Marine 250th Birthday Celebration, 1300 - 1800
 Sep 16 - American Legion Day, Federal Charter granted, 1919
 Sep 17 - Constitution Day
 Sep 18 - USAF Birthday, 1947
 Sep 19 - POW / MIA Day
 Sep 20 - Drawing Workshop, 1000-1400
 Sep 20 - Steak Night followed by Karaoke
 Sep 22 - First Day of Fall
 Sep 28 - Gold Star Mother's Day

CONSTANT BEARING, DECREASING RANGE

(EVENTS ARE TENTATIVE AND SUBJECT TO POSTPONEMENT OR CANCELLATION)

October Breast Cancer Awareness Month

Oct 07 - Stafford County "National Night Out", 1700hrs, Stafford Marketplace (Target parking lot)
 Oct 09 - Columbus Day
 Oct 11 - Auxiliary Craft Show
 Oct 13 - US Navy 250th Birthday, 1775
 Oct 18 - Stafford Shredding Event, 0830-1100, Stafford County Government Center Parking Lot
 Oct 18 - Steak Night followed by Karaoke, 1600hrs
 Oct 23 - Beirut Marine Barracks Bombing, 1983
 Oct 31 - Children's Halloween Trick or Treat at Post 290

Nov Native American Heritage Month

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 15 - Steak Night followed by Karaoke
 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 20 - Steak Night followed by Karaoke
 Dec 22 - Hanukkah ends at sunset
 Dec 25 - Christmas Day
 Dec 26 - Jan 01 Kwanzaa
 Dec 31 - New Year's Eve

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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**

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Suicide Prevention Month	1 Labor Day	2	3 BINGO	4	5 BINGO	6
7	8 ALR Monthly Meeting	9 General Members Mtg	10 BINGO	11 Patriot Day	12 BINGO	13 Army, Navy & Marine 250th Birthday Celebration, 1300 - 1800
14	15	16 American Legion Day - Charter Granted 1919	17 Constitution Day BINGO	18 USAF Birthday, 1947	19 POW-MIA Day International Talk Like A Pirate Day BINGO	20 Drawing Workshop 1000-1400 Steak Night and Karaoke night 1600
21	22 First Day of Fall Executive Committee Meeting	23	24 BINGO	25	26 BINGO	27
28 Gold Star Mother's Day	23	30	BINGO		BINGO	