



American Legion Post 290

Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

Stafford, Virginia

January 2025

INSIDE THIS ISSUE:

Post Everlasting Chaplain's Corner	2
ALA Unit 290 News	3
ALA Unit 290 Acrylic Painting Class	4
American Legion	5
Oratorical Contest News	6
Operation Lifesaver Demo	7
SAL News Firewood Available	8
Post Highlights Coming Events	9
Calendar	10

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

Greetings Comrades,

I sincerely hope that everyone had a great holiday, spent with loved ones. Things at the Post went well. In December, the holiday basket program was again a success. Thanks to all who helped out. We didn't have as much food donated like in the past, but Lisa and BJ made it work.

January will be relatively quiet except for the blood drive, ALA's acrylic painting class, the Project Lifesaver demonstration and the 16th District Oratorical Contest. Hopefully everyone will be in the mood for a good steak dinner on the 18th of January topped off with a heapin' helpin' of karaoke! Enjoy.

See you there

And of course, I wish the entire Post 290 Legion Family a healthy, happy and prosperous 2025!

Rick Schultz
Commander, Post 290

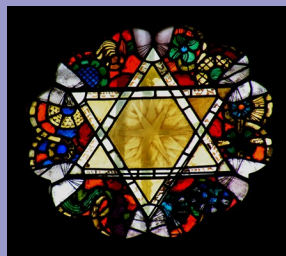
STAY INFORMED!

If you are wondering what's going on at the Post, remember you have three (3) sources of information:

1. This Newsletter
2. The Post's website - <https://www.staffordpost290.org/>
3. Facebook - <https://www.facebook.com/groups/ALPost290>

The Newsletter is a snapshot in time effective at date of publication. Updates can be found at numbers 2 and 3. Don't be part of "the ten percent that never gets the word".

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 Post Everlasting:

NO REPORT

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

"Be at war with your vices, at Peace with your neighbors, and let every New Year find you a better man." —Benjamin Franklin

We might say the above quote differently today than our good friend Ben said it over 200 years (here is a ChatGPT update: "Challenge your flaws, build peaceful connections, and let every new year bring you closer to your best self.") - but the sentiment would be the same.

A new year is another opportunity to reflect upon who you are, build upon relationships, and work on how to be a better person / bring you closer to your best self. Now there are many ways to go about reflecting upon who you, challenging your flaws, to war upon your vices but the least productive way is to ask yourself. We all like to deceive ourselves that we are better than we really are and frankly we are blind often to the worst part of who we are. So instead ask family and friends. At least those who are willing to tell you the truth.

When it comes to being at peace with your neighbors, building peaceful connections is the way to go. The American Legion is all about being a good neighbor to fellow veterans, to our communities, and to the nation as a whole. Commit in 2025 to build upon the peaceful connections you have, especially in our Post, so that we can expand the depth and breadth of the good that we do for children and youth, for veterans, and for our community. Get to know a veteran, youth, or community member currently don't know and build a peaceful connection with them. I will leave it to you to determine what that is and what it looks like.

Finally, use the new year to be a better person, bring you closer to your best self. Our best selves are not found by looking inward to figure out who we are, but by looking outward, first toward God, our creator and sustainer, and then by looking around us to our fellow humanity. You want to be a better person, a better self, Jesus Christ put it this way, "Love the Lord God with all your heart, soul, mind and strength," and then He said, "Love your neighbor as yourself." This is the ultimate recipe for warring against vices, being at peace with your neighbor, and being your best self.

BINNACLE LIST

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.

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



American Legion Auxiliary Unit 290 News

By Marilyn Butters

As we begin a new year, let us reflect on 2024 and all the “Do Good” our Unit has spread throughout the region, state, and nation.

In January, things really gear up for the upcoming Virginia Girls State work that needs to be done to assure our Unit sends interested rising high school seniors to Longwood University for a week of passionate learning about how our state and national governments operate. Raising funds for fees, holding meetings with guidance counselors at each of our 5 high schools, getting applications in the hands of interested students, holding interviews, selecting candidates, offering an orientation and connections for delegates we sponsor...as you see, this involves a lot of ‘pieces’. Our Unit thanks our Girls State Chair, Sheri Pierce, who handles this and more behind the scenes work to assure our delegates are well chosen and then well prepared for the week. Marilyn Butters spends the week at Girls State and the delegates know they can reach out while there if any needs arise.

Moving into February, our Chaplain Dale Seward plans our Auxiliary’s participation in the moving 4 Chaplains and Post/Unit Everlasting ceremony. At this time, we honor the memory of members of our Unit who have passed away during the past year. Dale also coordinates cards and notes to families and ill members. Thanks, Dale!

In March, our Unit helps with the set up and tear down, appetizers and clean up for the annual Post Birthday Dinner. This dinner is a wonderful opportunity for members to show their support to fellow members of our American Legion Family.

In April, Mary Schelin is busy preparing for the now Bi-annual Craft Fair, with proceeds going to support Veteran Projects. This is a great way to showcase the Post building, get in a bit of advertising to recruit Bingo players as they see the set up while shopping, and support our Community craft folks. Thank you, Mary!

In May, our Unit distributes Poppies at local businesses, set up thanks to Mary, to spread the word about the history of the Poppy. Our Unit supports the Legion’s Memorial Day efforts of placing flags on Veteran graves throughout the county this weekend.

In June, Virginia Girls State is held, thanks to the hard work of members here and throughout the state. On Flag Day, our president, Ginger, always reminds members to “Fly your Flag”!

Throughout the summer and all year, our Unit runs the Bingo Kitchen on the 1st and 2nd Wednesdays of the month. Ginger has coordinated this effort for about 20 years-she is so dedicated to this fundraising effort supporting our Post family. Thank you, Ginger! We also have members who work Bingo regularly throughout the year.

In September, the Freedom Flag our Unit purchased are raised by the Post 290 Honor Guard at a moving September 11th ceremony. Come to the Post to take part in the annual effort.

In October, Mary once again coordinates a fall craft fair at the Post home.

In November, our Unit supports any Veterans’ Day events held at the Post. We also decorate the Post for the upcoming holidays.

December is the time for our annual Children’s Christmas Party. This event, always coordinated by one of our members, most recently Kathy Payne, is always a wonderful event meant to spread cheer to neighbors in our Stafford Community. We also support the Post annual Food Drive at this time.

Mixed in with all these events are numerous donations to worthy causes that support The American Legion Auxiliary Mission and Vision and lots of hours spent managing Unit business such as Membership and Communication. Yes, we are an active Unit and we sure could use your help! Can you make 2025 the year you pledge to get involved and help us with any of these listed activities or others not mentioned here. We hope so! Contact any officer to volunteer!

Eagle Eye of the Month for December 2024

John Humphrey was the Eagle Eye Spotter for November 2024. In the SAL News, on page 7, procedure is missing an e in paragraph 2.



ALA UNIT 290 invites you to

Come and hang out with your gnomies!

Gnomes secret Garden: In a hidden nook, where wildflowers dream, Lives a gnome, by a babbling stream. Tending his garden with care so fine, where magic blooms and stars align.



Acrylic painting class – gnomes

Relax, paint, visit, learn secrets to painting.

Bring your own study and/or one will be provided.

ANYONE CAN PAINT

At the main post – ages 8 and up.

Saturday, January 18, 2025

11:00 am – 3:00 pm



If you have acrylic paints, canvas and brushes, be sure to bring them

If you do not have acrylic paints, canvas, and brushes, a set will be available for you to purchase at \$15.00.

Light refreshments served, feel free to bring your own lunch and drink.

Donations will be welcome to assist our Unit 290 in their endeavors to support our veterans.

Pre-registration for a head count required:

Send an email to Mary at unit290poppies.aol.com.

If the class is cancelled for any reason, it will be posted on Staffordpost290.org and an email will be sent to those who pre-registered. Rescheduled date TBA



Stay for the Honor Guard Steak
Night Dinner beginning
4:30 p.m. – 7:00 p.m.



American Legion Riders Chapter 290 News

By Marty Partridge

Happy New Year Post 290!

The Riders wrapped up the year with their Rider Holiday Party on Saturday, December 7th 2024. We had several invited guests who celebrated with us, including this year's special guests Bruce and Elsie Mersereau from Post and American Legion Riders 177, Fairfax. We had an ugly sweater contest, except the winner, Juanita Partridge's sweater was hardly "ugly" at all. Tori Goemmer won the "how many kisses in the jar" contest. And we had a guess the name of the Rider Gingerbread Cookie contest, and Pat Coffey nailed it! We had GREAT Food and plenty of it from the potluck style party, and great service from our Rider and bartender, Austin Sutton. Besides all of the comradery, the highlight of the night was the white elephant gift exchange. We ran the gambit from awesome gifts, such as the hand-crafted cedar wood end table I picked first, but then somebody stole it from me. Lucky for me, Juanita was able to "steal" it back! We also had an awesome throw pillow with Don "Double D" Dillon's face on it, I forget who got stuck with that, (hahaha)! We had a few gifts that we can't talk about in the newsletter too! All in all, we had a great time. Big thanks to our Assistant Director, Mike Miller, for getting it organized and another perfect execution. He probably was an awesome Social Coordinator at his college Fraternity back in the day. The 290 Riders wish you all a Happy New Year and Prosperous 2025!

Keep the rubber-side down!

Marty Partridge

ALR-290 Director



Legion Rider 290 Holiday Party December 7, 2024 (Photos by Marty Partridge).

Ugly Sweater contest winners.

Left to right, Brandy Fitzgerald, 2d place, Juanita Partridge, 1st place, and Laura Werner, 3d place.

Juanita Partridge (left) presents Tori Goemmer (right) with the jar of Hershey Kisses, for guessing the closest amount without going over.

Post 290 Oratorical Contest News

The Post Oratorical Contest was held on December 14th. The American Legion Oratorical Contest exists to develop deeper knowledge and appreciation for the U.S. Constitution among high school students. Since 1938, the program has presented participants with an academic speaking challenge that teaches important leadership qualities, the history of our nation's laws, the ability to think and speak clearly, and an understanding of the duties, responsibilities, rights and privileges of American citizenship. The program has featured numerous politicians and prominent contestants over the years, including former presidential candidate Alan Keyes, national television commentator and talk radio host Lou Dobbs, and former U.S. Vice President Mike Pence.

Young orators earn some of the most generous college scholarships available to high school students. Over \$203,500 in scholarships can be awarded each year. The overall national contest winner gets a \$25,000 scholarship. Second place takes home \$22,500, and third gets \$20,000. Each department (state) winner who is certified into and participates in the national contest's first round receives a \$2,000 scholarship. Those who advance past the first round receive an additional \$2,000 scholarship. The American Legion's National Organization awards the scholarships, which can be used at any college or university in the United States.

High school students under age 20 are eligible. Competition begins at the post level and advances to a state competition. Legion department representatives certify one winner per state to the national contest, where department winners compete against each other in two speaking rounds. The contest caps off with a final round that decides the three top finishers.

Speaking subjects must be on some aspect of the U.S. Constitution, with some emphasis on the duties and obligations of citizens to our government. Speeches are eight to 10 minutes long; three- to five-minute speeches on an assigned topic also are part of the contest.

This year's winner was Jason Twum. Yosiah Twum was runner up and Kaleb Twum won 3rd place. First prize was \$500, second place won \$300 and third place \$100. Jason Twum will represent Post 290 at the 16th District Oratorical Contest on Jan 4 at Post 295. The winner of the District Contest moves on to the Regional Oratorical Contest which will be held Feb. 1st at Post 176.

Contest details were downloaded from <https://www.legion.org/get-involved/youth-programs/oratorical-contest/about-the-oratorical-contest>



Back row L-R: Eric Powell, Erin Fox, Mike Robinson, Darrell English, John Harris.
Front Row L-R: 3rd place Kaleb Twum, 2nd place Yosiah Twum, 1st place Jason Twum and 4th place J. Martinez

MARK YOUR CALENDAR!

You're invited to a Stafford County Sheriff's Office Project Lifesaver Demonstration

All are welcome!



Project Lifesaver is the premier search and rescue program operated internationally by public safety agencies, and is strategically designed for "at risk" individuals who are prone to the life threatening behavior of wandering. The primary mission of *Project Lifesaver* is to provide timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition.

Members of *Project Lifesaver* will wear a personalized bracelet that emits a constant locating signal. Each transmitter has a unique radio frequency enabling specially trained Deputies to positively locate and identify a missing individual. The Stafford County Sheriff's Office works with other local and national law enforcement agencies to provide citizens with this high-tech tool in an effort to save lives and bring peace of mind to loved ones and caretakers.

Scan QR code for an informational video.



SUNDAY, JANUARY 12, 2025 @ 2PM

**Stafford American Legion Post 290
1141 Mountain View Rd in Stafford County**

hosted by

**Surgeon Lawrence Brooke Society
Children of the American Revolution**

For more info about the event, contact: Kathy Payne, Senior Society President 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 .

Thank you,
Fargo Wells

FIREWOOD STILL 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.

JANUARY 2025 HIGHLIGHTS AT POST 290

January 2025

National Blood Donor Month, National Glaucoma Awareness Month

- Jan 01 - New Year's Day HAPPY NEW YEAR! WISHING YOU AND YOURS A PROSPEROUS, HEALTHY 2025!
- Jan 01 - Kwanzaa Ends
- Jan 03 - Hanukkah Ends
- Jan 04 - District Oratorical Contest, at Post 295, 1000hrs START
- Jan 08 - Red Cross Blood Drive,
- Jan 09 - Day on the Hill
- Jan 12 - Project Lifesaver Demonstration, 1400hrs
- Jan 18 - ALA Unit 290 Acrylic Painting Class, 1100 - 1500
- Jan 20 - Martin Luther King, Jr. Holiday/Presidential Inauguration Day
- Jan 29 - Chinese/Lunar New Year - Year of the Dragon

CONSTANT BEARING, DECREASING RANGE

(ITEMS ADDED AS THEY COME TO THE EDITOR'S ATTENTION)

2025

February 2025

Black History Month

- Feb 01 - Regional Oratorical Contest Post 176, 1000hrs START
- Feb 14 - Valentine's Day
- Feb 17 - President's Day

March

Women's History Month

- Mar 01 - Begin Ramadan
- Mar 14 - Purim
- Mar 17 - St. Patrick's Day
- Mar 20 - Vernal Equinox - First Day of Spring!
- Mar 23 - Girls State Interviews, 1300hrs
- Mar 24 - Boys State Interviews, 1800hrs
- Mar 29 - National Vietnam War Veterans Day
- Mar 31 - Eid al Fitr



**YOUR ELECTED POST
290 OFFICERS**

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



**YOUR AUX UNIT 290
ELECTED OFFICERS**

President Ginger Briggs
 Vice Pres Mary Schelin
 Sec/Treas Marilyn Butters
 Chaplain Dale Seward
 Historian Mary Schelin
 Sgt at Arms Teresa Hardisty

**STAFFORD AMERICAN
LEGION POST 290**

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



January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Blood Donor Month, National Glaucoma Awareness Month			1 BINGO New Year's Day Kwanzaa Ends	2	3 BINGO Hanukkah Ends	4 16th District Oratorical Contest, Post 295, 1000hrs Start
5	6	7	8 BINGO Red Cross Blood Drive	9 Day on the Hill	10 BINGO	11
12 Project Lifesaver Demonstration, 1400hrs	13 ALR Monthly Meeting	14 General Members Mtg.	15 BINGO	16	17 BINGO	18 ALA Unit 290 Acrylic Painting Class 1100-1500hrs Steak Night, 1630 Karaoke Night, 1900
19	20 Martin Luther King, JR. Day Inauguration Day	21	22 BINGO	23	24 BINGO	25
26	27 Executive Committee Mtg. 1930	28 New Year's Eve	29 BINGO Chinese/Lunar New Year, Year of the Dragon	30	31 BINGO	