



American Legion Post 290

Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

Post Everlasting
Chaplain's Corner 2

ALA Unit 290
News 3
Eagle Eye for May
2024

American Legion
Riders News 4

3rd Vice CDR
News 6
SAL Info
Firewood

News from Troop
290G 7

Post Highlights
Coming Events 8

Calendar 9

Stafford, Virginia

August 2024

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

Hi again, Legionnaires,

July flew by and I hope you all took advantage of attending the Department Conference. If you are intending on going to New Orleans for the National Conference, make sure you get in touch with Department Adjutant, Dave Stein regarding registration and rooms.

Just for those of you who didn't make it to steak night on July 25th, we will have the next steak night on August 17th. There will be karaoke after dinner, so great times to be had. Come out and support your legion.

Finally, officers and members should take advantage of the Legion College coming up 2 - 4 August. And don't forget that a little volunteer time will go a long way, so thanks in advance for your help and time.

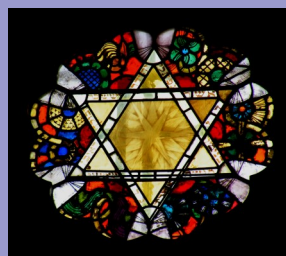
Looking forward to seeing you
Rick Schultz
Commander, American Legion Post 290

A personal note from the Schelin family:

Thank you to all the Legionnaires, Auxiliary, Riders, Sons, and those who devoted their time into making Glen's passing a bit easier. Having family and friends gather at the post was wonderful. First to those in the kitchen, thank you for feeding our family and friends, thank you to the bartenders for all they did and especially to those who were pallbearers. Glen genuinely loved the post and its members. And he would have been immensely proud and pleased for all you did. The cards received and the "I'm here if you need anything" mean more than you know. Thank you again,

Sincerely,
Mary and Family

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:

Post 290 Chaplain Emeritus Glen Schelin reported to the Post Everlasting on Sunday, 16 June, 2024 after a brief illness. He was a Navy Veteran. His easy going manner, his smile and the twinkle in his eyes will be missed by all who knew him, however briefly. He was a true gentleman who never had a bad word for anyone, and as a Legionnaire served as Post 290 Chaplain continuously for over a decade.

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

How easy it is to slander another person. Often, without much thought, we cut people down and say half-truths about them or call them names. I often catch myself doing it when a car cuts me off or does some other dangerous driving maneuver – the word idiot usually comes out of my mouth.

Or we assign bad motives to people we don't even know or know very little. We see this in political discourse but we also see it even in an organization like the American Legion. Comrades, this ought not be. We have voluntarily joined together to promote the values and vision of the American Legion and we should hold each legionnaire with respect and dignity.

The Bible speaks against slandering others. The book of Proverbs has many proverbs on the use of the tongue and how we should use it for good and life and not evil and destruction / death. It says that whoever spreads slander is a fool (10:18). It says not to associate with a gossip (20:19). It warns against revealing the secret of another. It declares that the Lord God hates a lying tongue, a false witness, and one who sows discord among others (6:17-19). James 4:11 re-enforces these truths by the command to “*not speak evil against one another.*”

Slander is to intentionally or unintentionally say something untrue about someone that damages their reputation. To participate in gossip, slander and the like is to be divisive, discouraging, and confusing to people. There is no room for slander or gossip in an organization like the American Legion as we promote Americanism and unity among not only legionnaires, but among the citizens of this great country.

Let us not be those who sow discord and division and discourage others by what we say. Rather, let us be those who, having associated ourselves together for the purposes of law and order and a 100 percent Americanism, remember that we also have associated ourselves together to consecrate and sanctify our comradeship by our devotion to mutual helpfulness. Speaking evil of one another will not help us reach that goal. Let us speak well of one another.

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.



American Legion Auxiliary Unit 290 News

By Marilyn Butters

Stafford Unit 290 welcomes new members Patricia Coffey, Lynn Nelson, Annette Wauchop, and Mark Wyman. We hope to see you at our monthly meetings, held each 2nd Tuesday at 7:30 pm. We also invite you to take part in our Bingo kitchen work, from 5 until 9 on the first and second Wednesdays of each month. Come help us support the Legion's Bingo efforts and get to know your fellow members.

2024 ALA Virginia Girls State was another resounding success. Our Unit was able to sponsor 5 delegates. Special thanks to our wonderful Girls State Coordinator, Shari Pierce, who devoted numerous hours to this effort. Plans are underway for another Craft Fair to be held at the Post on Saturday, October 12th. A sign up flyer will be included in next month's newsletter. If you want more information, please contact Coordinator Mary Schelin.

Membership is now due for the 2024/25 year. Dues are \$35.00 and include both National, Department, and Local Unit dues. You can mail a check to Box 125, Stafford, VA 22555 or drop it off at Bingo any Wednesday or Friday. Thanks to Ginger, our membership chair, for all the time she devotes to this role (as well as SOOO much more!)

Members, won't you consider becoming a Coordinator of one of our many committees? Check out the ALA Department of Virginia website for details on each committee. Here is the link: <https://www.vaauxiliary.org/site2/index.php/committees/>

Open Committees:

Americanism	Leadership
Auxiliary Emergency Fund	Legislative
Children & Youth	Membership
Community Service	National Security
Constitution & Bylaws	Past Presidents' Parlay
Education	Poppies
Junior Activities	ROAR & Citations
	VA & R

Eagle Eye of the Month for July 2024

Eagle Eye spotter July 2024 was John Humphrey. The misspelled word was donations in the American Legion Riders report, telling us about the Parade of "Donaitions".

American Legion Riders Chapter 290 News

By Marty Partridge

Greetings Post 290!

This month, a few of us had the opportunity to thank the Frederick, Loudoun, Culpeper, Orange and Louisa County Sheriff's Departments for their tremendous support during the Northern Region Virginia Legacy Run on June 14th. We presented them with a Thank You Letter to the Sheriffs and Certificates of Appreciation for each Deputy that supported our Ride. See a few of the pictures included in this newsletter.

As many of you know, we lost a beloved member of Post 290, Glen Schelin, on June 16th. Several Riders were able to attend his memorial service and participate in an Honor Escort for Glen to the Quantico Cemetery. Joseph Fox is our youngest Rider and a member of the Sons of The American Legion, and he had the opportunity to honor Glen as a member of the Honor Guard and as a Rider escorting him to Quantico. I asked Joey to share his experience, and what it meant to him.

On June 16, 2024 our dear friend and fellow legion family member Glen Schelin reported to the Post Everlasting. I had the immense honor, and solemn duty to pay tribute to Glen through participating in his honor guard detail on June 20th, the day of his remembrance service. As a member of the honor guard, I was a part of the detail for the American Legion Funeral service. Participating in this ceremony allows us to pay final respects to a man who dedicated his life to service, both as an active duty member of the United States Navy and a Legionnaire. As an American Legion Rider, I also had the privilege to ride in the escort detail to guide Glen to his final resting place at Quantico National Cemetery, where many of the post members joined Glen's family and friends to say their final goodbyes.

Being a member of the honor guard is a way for me to pay personal tribute to our post members and veterans of the community. Each detail is given the utmost respect and dignity that is due to our comrades. This occasion has led me to reflect on the many opportunities I've been presented with to support the service members of this great nation as a Son of The American Legion, An American Legion Rider, and a member of the Department of Virginia American Legion Honor Guard. In addition to rendering final honors, I have had the opportunity to carry the colors at Arlington National Cemetery on both Veteran's Day and Memorial Day, to be a member of the color detail at department functions and to march in parades honoring those who have served.

Now, I am very humbled to be given the opportunity as a rider to share my experiences with the rest of the post family through the publishing of this article.

Joseph Fox

Keep the rubber-side down!
Marty Partridge
ALR-290 Director



July 10, 2024 – American Legion Rider 290 member Paul Vroegindewey Jr. “PJ” (center) presents Sgt Murell (second from left) and members of the Culpeper County Sheriff Office with Certificates of Appreciation for their assistance during the Northern Virginia Legacy Run on June 14, 2024. (Photo by Unknown).

American Legion Riders Chapter 290 News

By Marty Partridge



July 12, 2024 – American Legion Rider 290 members Juanita Partridge, Marty Partridge, and Don Dillon (center) present Sheriff Millholland, Frederick County Sheriff (far left), Lt Gosnell (second from left) and Deputies Ament, Campbell and Thomas (right) with Certificates of Appreciation for their assistance during the Northern Virginia Legacy Run on June 14, 2024. (Photo by Unknown).



July 12, 2024 – American Legion Rider 290 members Don Dillon (second from left) and Marty Partridge (center-right) present Lt Colonel Moiser (center-left), Major Ahlemann (second from right), and Deputies First Class Brick (far left) and Pfeiffer (far right) of the Loudoun County Sheriff's Office with Certificates of Appreciation for their assistance during the Northern Virginia Legacy Run on June 14, 2024. Missing from the photo is Deputy First Class Proskey. (Photo by Juanita Partridge).

FROM THE 3RD VICE COMMANDER

by Brandy Fitzgerald

HELLO MEMBERS OF POST 290!

As your new 3rd Vice Commander, I wanted to let you all know one of my goals is to have more fun at the Post and more events for our members.

As of Thursday, July 25th, our post Social Quarters will be open for members from noon to 7pm on Thursdays.

Additionally, we will be hosting a Post Ladies Day Out, on August 3rd from noon to 5pm. All our ladies are encouraged to bring their crochet, knitting, quilting, coloring books, puzzles, games, etc. and enjoy a day of relaxation, music, and fun! The Social Quarters will be open!!

I am also looking at starting the famous "Queen of Hearts" game in the near future. Feel free to email me with ideas and questions.

Yours in the Legion,

P. Brandy Fitzgerald
3rd Vice Commander
Legion Post 290
28legionrider@gmail.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 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 16 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.

NEWS FROM TROOP 290G

by John Patrick



On July 3rd, Kera H., a Scout from Troop 290G sponsored by Post 290, started her Eagle Scout project by obtaining the materials she would need to complete her project. Her project consisted of building 6 new picnic tables for the Annex pavilion, pressure washing the existing 10 tables and cleaning the floor of the pavilion. Her biggest challenge was leading adults to do what needed to be done as well as directing Scouts on what they needed to do to build the picnic tables. On July 5th, along with several adults, they took measurements from an existing table to be used in cutting all of the boards for the new tables. While Scouts aren't allowed to use power tools, she still lead the efforts to begin power washing the existing tables while checking on the cutting of the wood. On Saturday, Kera explained to one of our Scouts what needed to be done along with a message on safety. On Monday, July 8th Kera explained to the Scouts what was needed to be done along with a safety message. Scouts then helped complete the last 3 picnic tables and sanding the table tops of the existing tables. Kera completed her project on Tuesday, July 9th.

The Scouts in the picture are Kayce, Lizzy, Kera, Joselynn, Abby, Alison. Kera worked with Emma on Saturday, while the other Scouts helped on Monday.



AUGUST 2024 HIGHLIGHTS AT POST 290

August

National Immunization Awareness Month

- Aug 02 - 04 - American Legion Leadership College, Double Tree, Midlothian
 - Aug 03 - Ladies' Day at the Clubroom. 1200 -1700
 - Aug 07 - Back to school—all Stafford grades
 - Aug 10 - 16th District Planning Meeting, Post 293, 1000 - 1400
 - Aug 17 - Return of Steak Night and Karaoke
 - Aug 23 - 29 - American Legion National Convention, New Orleans, Hampton Suites
-

CONSTANT BEARING, DECREASING RANGE (ITEMS ADDED AS THEY COME TO MY ATTENTION)

September

National Suicide Prevention Awareness Month

- Sep 01 - SAL Chili Cook-off, 1200-1600
- Sep 02 - Labor Day
- Sep 11 - Patriot's Day

October

Breast Cancer and Domestic Violence Awareness Month (SBI recommends annual mammogram begin at age 40)

- Oct 01 - National Night Out, Stafford Market Place
- Oct 09 - Blood Drive at the Annex
- Oct 12 - Poppy Craft Fair Sponsored by Auxiliary
- Oct 16-23 - Sukkot
- Oct 31 - Halloween

November

National Diabetes Month

- Nov 11 - Veteran's Day

December

Universal Human Rights Month

- Dec 07 - Pearl Harbor Remembrance Ceremony followed by showing of "Pearl Harbor" the movie.
- Dec 25 - First Day of Hanukkah
- Dec 25 - Christmas Day
- Dec 31 - New Year's Eve



**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 Brigs
 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**



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Immunization Awareness Month				1	2 BINGO American Legion Leadership College	3 Club Room Ladies' Day 1200-1700 American Legion Leadership College
4 American Legion Leadership College	5	6 Aug. 1945 Hiroshima bombed	7 BINGO First Day of School – All Grades	8	9 Aug. 1945 Nagasaki bombed BINGO	10 16 th District Planning Meeting, Post 293, 1000-1400
11	12 ALR Monthly Meeting	13 General Members Mtg.	14 BINGO	15 Aug. 1945 Japan surrenders WWII is over!	16 BINGO	17 Steak Night followed by Karaoke
18	19	20	21 BINGO	22	23 BINGO American Legion National Convention New Orleans	24 American Legion National Convention New Orleans
25 American Legion National Convention New Orleans	26 Executive Committee Mtg. 1930 American Legion National Convention New Orleans	27 American Legion National Convention New Orleans	28 BINGO American Legion National Convention New Orleans	29 American Legion National Convention New Orleans	30 BINGO	31