



American Legion Post 290

Newsletter edited by Siegfried Gates



The Friendliest Place in Virginia!

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Stafford, Virginia

September 2024

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

Hi again, Legionnaires,

Hope all is well and you have been enjoying your summer. Just a few notes to remind everyone of upcoming events.

Stafford Night Out is October 1st and we need support for this event to help with a Post 290 American Legion booth. If you can help, please contact Brandy if you can volunteer your time. We would greatly appreciate it!

Honor Guard Steak Night will be Saturday, September 21st from 4:30-7:00 p.m. We hope to see all of you there, to support your Honor Guard. You already know the food will be good.

September 7th and 28th, we will have a cleanup at the Post and really need volunteers to step up and help. To get more information on times, contact 2nd Vice John.

October 26th from 9:00-12:00 noon, we will have cleanup at the Annex. Hope to see you there to help!

Have a great month and we will see you at your Post!

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

Notes from the Second Vice Commander

I'm looking for volunteers to help with loading old paint cans and other items from the building and garage at the Annex on 7 Sep for disposal at the HAZMAT drop off point. I'm planning to have your help from 9:00 am - 10:30 am. Materials from the Annex building will be loaded at the back stairwell door facing I-95 and then other materials from the garage.

There will be a clean-up at the main Post building on Mountain View Road on Saturday, 28 Sep from 9:00 - 12:00.

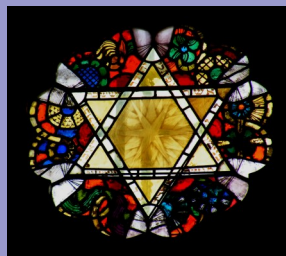
There will be another clean-up at the Post Annex on American Legion Road on Saturday, 26 Oct from 9:00 - 12:00.

The clean-up will consist of working on the outside of the building removing trash, weeds and other items that don't belong. Volunteers are asked to bring work gloves and wear old clothes so as to not mess up good clothes. What we need to do should not take more than 3 hours, maybe less, depending on how many volunteers we get.

Please direct all questions John Patrick at john4post290@gmail.com.

The Veterans Crisis Line HOT LINE is live! 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 Post Everlasting:

.James E. Courtney (served USAF). Long time Post member transferred to Post Everlasting on or before August 2 2024.

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

23 years ago on September 11 the unspeakable happened because of terrorist attacks and 3000 people died. One Stafford Resident, Dan Pantaleo, a retired Marine Officer, wrote a book about his experience called "Four Days at the Pentagon." His motivation, so that people like his son and friends would not forget what happened on that day. He says that it is important that we never forget those people or the events that happened on that fateful day. I agree.

So what can we do to not forget besides read good books like Dan Pantaleo's? We can share the story with the next generation. We can hold remembrance ceremonies on that day. We can serve the families affected not only by the deaths of loved ones but the first responders and others that still continue to suffer from the day in many different ways. We can also pray for them. Praying for them will bring them to memory at the very least once a year on September 11.

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

This summer our Unit awarded three \$1,000.00 Scholarships and one \$200.00 off to college check to 4 young ladies in our area, one a junior member. The money we earn from supporting the Bingo kitchen on Wednesday evenings brings us the revenue needed to continue to sponsor our scholarships. Won't you consider helping out with this activity. We have only about 6 members who regularly work, and some of us are getting up there in age. Having some younger members to assist would be wonderful. Please consider! Kudos to Ginger for continuing her fabulous efforts coordinating and working the kitchen!

Membership news: We are up to 111 members. Help us meet our

Thank you to Mary Schelin who is coordinating the upcoming Poppy Patch Spring Craft Fair to be held at the Post home on Saturday, October 12th. More information can be found in this newsletter. All proceeds will be donated to the MK9s Service Dogs Organization which supports veterans by providing service dogs and training.

Virginia Girls State plans for 2025 are already in the works. We have been informed we once again will only gain 5 delegate slots which is a disappointment for our Unit who until this year always sponsored over 15 young ladies. Special thanks to Sheri Pierce who works diligently year round with coordinating Virginia Girls State for our Unit.

Our Unit recently coordinated the reception after the funeral of our Vice President/Historian Mary Schelin's dear husband, Glen, who passed away earlier this summer. Glen was an active member of Post 290 and always supported all the efforts of our Unit by assisting Mary with many of the tasks she manages for our Unit. Glen is sorely missed.

MEMBERSHIP INFORMATION:

The 24/25 membership year has begun, and we want you! Did you know you can pay your dues on line or by phone? The website is www.legion-aux.org/renew. The phone number to pay by phone is 317-569-4570 and you can call any weekday between 8:00 a.m. and 4:30 p.m.. Thank you to members who have already taken care of their membership. You can also bring your check by during Bingo on Wednesdays or Fridays or mail it to Box 125, Stafford, VA 22555.

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American Legion Auxiliary Unit 290 News

By Mary Schelin

The ALA 290 will be hosting another craft show on Saturday, October 12, 2024. The time will be from 10:00 a.m. to 3:00 p.m. The doors will open at 7:00 a.m. for crafters to begin setting up. It is up to the individual however all spaces need to be set up before the show.

We are holding the craft show at this post, and the cost per space is \$ 30.00. The spaces are 6'D x 10'L and the tables are 2'D x 8'L. It is rain or shine, it is inside, and electricity and wall space first come first serve. And no refunds since all proceeds will be going to MK9's Organization.

Only checks or money orders are accepted and are to be made out to ALA 290. If you know of people who are talented, produce their own original crafts (no retail or mail order and no food) please let them know. They can contact Mary Schelin at Marynschelin@yahoo.com. I will be glad to send an application, rules and regulations, and a flyer so they can assist in advertising. Please consider supporting this craft show.

Also needed on the day of the craft show are individuals who are willing to assist crafters with unloading and loading their items. Thanks, and please feel free to copy the below section and share.

POPPY PATCH FALL CRAFT SHOW

WHOO WOULD LIKE TO BE PART OF A CRAFT SHOW IN SUPPORT OF VETERANS?

When: Saturday, October 12, 2024

Time: 10:00 a.m. – 3:00 p.m.

Where: American Legion Post 290, 1141 Mountain View Road, Fredericksburg, VA

Cost for spaces including tables: \$ 30.00 each

Checks or Money Orders only and made out to ALA 290.

Spaces: 6'D x 10' W & Tables 2'D x 8' L (electricity & and wall space first come)

For more detailed information and/or application contact Mary Schelin, Poppy Chair Marynschelin@yahoo.com



Eagle Eye of the Month for August 2024

Eagle Eye spotter August 2024 was John Humphrey. The misspelled word was the missing "d" in followed, for the Dec. 7 Pearl Harbor Remembrance ceremony notice on page 8.

When there are multiple entries, as was the case here, the earliest time stamp on the E-Mail will be used to determine the winner.

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

American Legion Riders Chapter 290 News

Greetings Post 290!

The 290 Riders continue to be busy supporting our Veteran Motorcycle partners and community. On Saturday, 20 July we participated in the Combat Veterans Motorcycle Association (CVMA) Chapter 27-2 *Bull Run III* Dice Run, and Post 290 was the first stop on the run. In addition to our individual Rider Fees and Raffle purchases, the Post 290 Riders donated \$100. The proceeds from the CVMA *Bull Run III* were in support of the *Willing Warriors* of Manassas, and *Leashes of Valor* of Fredericksburg, two worthy causes. The CVMA Riders had enjoyed our Post so much, they held their Bike Night at Post 290 on Friday, 26 July and had a great time with 290 Riders.

This year, unfortunately the Loudoun Legion Riders' Poker Run conflicted with the CVMA *Bull Run III* ride, so we were not able to ride with them. But, that did not stop 290 Riders from making a \$100 donation to help them achieve their goals in supporting Loudoun County Veterans in need. On top of that, the White Oaks Fire Association was holding a Spaghetti Dinner fund raiser for a local fire victim, Alex Byers. The dinner conflicted with the Honor Guard's Steak Night, but Juanita and I made sure we stopped by the White Oak Fire House and present a \$100 Rider Donation to Alex. He was much appreciative, and there was a great community turn out for the fundraiser dinner.

Keep the rubber-side down!

Marty Partridge

ALR-290 Director



July 20, 2024 – American Legion Rider 290 Director, Marty Partridge, presents Alex Byer with a \$100 donation at the White Oaks Fire Station. (Photo by Unknown).



July 20, 2024 – American Legion Rider 290 Director, Marty Partridge (left), and Road Captain, Greg Nilges (right), present a CVMA 27-2 member (center) with a \$100 donation to benefit the *Willing Warriors* of Manassas, and *Leashes of Valor* of Fredericksburg. (Photo by Juanita Partridge).

Combatting America's Epidemic of Loneliness

Submitted By John Cox

“America has a loneliness epidemic”—you may have read this somewhere or heard it mentioned in recent years, but what does it mean?

In 2023, the U.S. Surgeon General issued an advisory: “Our Epidemic of Loneliness and Isolation.” The Surgeon General uses advisories for significant public health challenges that require the nation’s immediate awareness and action. In other words—loneliness is no joke. The effects on your physical and mental well-being are serious. Here are some of the highlights from the advisory:

- Even before the COVID-19 pandemic, about 50% of adults in America reported experiencing loneliness
- Lacking social connection can increase the risk of premature death to levels comparable to smoking 15 cigarettes a day
- Loneliness is associated with a greater risk of premature death than obesity or physical inactivity
Loneliness has a tough effect on your mental health—and your physical health. Higher levels of loneliness are associated with a 29% increased risk of heart disease, 32% increased risk of stroke, and a 50% increased risk of developing dementia in older adults.

Researchers using MVP data have found similar results—reducing loneliness may decrease the risk for depressive illness. However, just as the negative effects of social isolation can be serious, so can the positive effects of social connection. Having solid social relationships, feeling like a part of a community, and participating in social activities are all incredible ways to both combat the negative effects of isolation and reap the benefits of connection.

How to build social connection

Invest time in your relationships. Call a battle buddy, get coffee with a friend, or check in with a family member.

Engage in opportunities to support or participate in your local community, like volunteering with community service groups, joining a gym or run club, or participating in a religious or professional community.

Reduce things that can make you feel more disconnected from others, like spending excessive amounts of time on social media or in front of a screen.

Ask for help when you need it. If you’re feeling lonely or isolated, let someone know—reach out to a friend, family member, health care practitioner, or the Veterans Crisis Line by calling 988 (press 1) or texting 838255.

Find activities that make you feel connected to your social and physical network—like spending time with friends in nature. Did you know that Veterans can get a free lifetime pass to America’s National Parks? Visit nps.gov/planyourvisit to learn more.

Source: Million Veteran Program August 2024 Newsletter

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

\$1061.10 FOOD BASKET DONATION RECEIVED

Members of the **Surgeon Lawrence Brooke Society Children of the American Revolution** present a \$1,061.10 donation from the National Society Children of the American Revolution (N.S.C.A.R.) National Grant Program. Last year, the SLB Society Service Project was a partnership with the Post 290 Holiday Food Basket Program, which also supported the N.S.C.A.R. National Project.

Thank you to ALL the Post 290 Holiday Food Basket Program volunteers who help to collect, sort, pack, and distribute food boxes to the local community affected by food insecurities.



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 donaton 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.

SEPTEMBER 2024 HIGHLIGHTS AT POST 290

September

National Suicide Prevention Awareness Month

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

- Sep 01 - SAL Chili Cook-off, 1200-1600
- Sep 02 - Labor Day
- Sep 07 - HAZMAT Cleanup (old paint, etc.) at the Annex, 0900-1030
- Sep 10 - Suicide Prevention Day
- Sep 11 - Patriots Day
- Sep 15 - First Day Hispanic Heritage Month
- Sep 17 - Constitution Day, 1787 U.S. Constitution is signed
- Sep 18 - USAF Birthday, 1947
- Sep 21 - POW/MIA Recognition Day
- Sep 22 - First Day of Fall (Equinox)
- Sep 28 - Post Home Cleanup, 0900-1200
- Sep 29 - Gold Star Mother's Day

CONSTANT BEARING, DECREASING RANGE

(ITEMS ADDED AS THEY COME TO MY ATTENTION)

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 01 - Just 86 more shopping days until Christmas and Hanukkah.
- Oct 09 - Blood Drive at the Annex
- Oct 12 - Poppy Craft Fair Sponsored by Auxiliary
- Oct 13 - US Navy Birthday, 1778
- Oct 14 - Columbus Day/Indigenous Peoples' Day
- Oct 16-23 - Sukkot
- Oct 26 - Post Home Cleanup, 0900-1200
- Oct 31 - Halloween

November

National Diabetes Month

- Nov 01 - First Day American Indians Heritage Month
- Nov 03 - Daylight Saving Time Ends
- Nov 05 - Election Day
- Nov 10 - USMC Birthday, 1775
- Nov 11 - Veteran's Day
- Nov 28 - Thanksgiving Day
- Nov 29 - Native American Heritage Day

December

Universal Human Rights Month

- Dec 07 - Pearl Harbor Remembrance Ceremony followed by showing of "Pearl Harbor" the movie.
- Dec 14 - Army Navy Football Game, Commander's Field, Landover, MD, 1500hrs
- Dec 25 - Christmas Day
- Dec 25 - Hanukkah begins at sunset
- 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 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**

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SAL Chili Cook-off, 1400hrs Suicide Prevention Awareness Month	2 LABOR DAY	3	4 BINGO	5	6 BINGO	7 Post Annex HAZMAT Cleanup, 0900-1030 hrs.
8	9 ALR Monthly Meeting	10 General Members Mtg.	11 Patriots Day BINGO	12	13 BINGO	14
15	16	17 Constitution Day	18 USAF Birthday, 1947 BINGO	19	20 BINGO	21 POW/MIA Recognition Day Steak Night, 1630-1900, followed by Karaoke
22 First Day of Fall	23 Executive Committee Mtg. 1930	24	25 BINGO	26	27 BINGO	28 Post Home Cleanup, 0900-1200
29 Gold Star Mother's Day	30	Oct 1 Just 86 more shopping days until Christmas and Hanukkah.	2 BINGO	3	4 BINGO	5