

VETERANS OF FOREIGN WARS OF THE UNITED STATES



Commander

Dennis Appelhons

Ph. 515-205-0300

Sr. Vice Commander

Michael Knight

Jr. Vice Commander

Matt Wolf

Quartermaster

Mark Newhall

Adjutant

Jack Lingelbach

Chaplain

Al McPherson

Urbandale-Johnston VFW Post 9668 September 2024 Newsletter



From the Post Commander



September is known for a number of days and events. Probably the most known event that comes to mind for most of us is Labor Day.



Americans in the late 1800s worked 12-hour days for a basic living, (\$16 \$19.00 a week), and children worked in mills, factories and mines, earning far less (\$5 to \$9.00 a week) than adults. During this period, labor unions increased their efforts to call for better working conditions, and pay. The first recorded Labor Day celebration took place in 1882 in New York. It became a national holiday in 1894 under then President Grover Cleveland. The holiday was to be observed on the first Monday in September annually, according to the U.S. Department of Labor.

Since it is a Federal Holiday, state, local and federal offices will be closed on Labor Day. Schools, banks and the post office will also be closed for the holiday.

Labor Day as we know it now is to honor workers and recognize their contributions to society.

VFW Post 9668

6805 Douglas Avenue
Urbandale, Iowa 50322

WEB Pages

w.w.w.vfw9668.org

Facebook at VFW Post 9668

Post 9668 Email is

Cmdr@vfw9668.org or

Adj@vfw9668.org.

Post meetings are the 1st Monday of each month, 7:00 P.M. at the American Legion Hall, 6805 Douglas Ave. Urbandale, Iowa.



The holiday observed in the United States on September 11 to commemorate the lives of those who died in the 2001 terrorist attacks on the World Trade Center in New York City and the Pentagon in Virginia and those who perished when the hijacked United Air lines Flight 93 crashed in Pennsylvania. The holiday also recognizes those

who died attempting to rescue people trapped by the attacks. It is by Congressional proclamation that all U.S. flags be flown at half-staff. Further, Americans are asked to honor the dead with a moment of silence beginning at 8:46 AM, Eastern Standard Time, the time that the first airplane struck the World Trade Center, and to respect the ceremonies of remembrance when they are conducted.

Some other interesting items:

September is known for the start of the harvest months and the fall equinox, and traditionally the beginning of a new school year.

World Suicide Prevention Day takes place on September 10th every year.

National Suicide Prevention Week is September 8-14th.



VETERAN RESOURCES



You are not alone. But if you feel like you are, please refer to one of the numbers below.

Veteran Crisis Line
Call 988 press 1 or
<https://www.veteranscrisisline.net/get-help-now/chat>

Women Veterans Hotline
1- 855-829-6636

Caregiver Support
877-424-3838 ext 1

Quit Vet (tobacco)
1-855-QUIT-VET

War Vet Call Center
1-877-927-8387

National Call Center for Homeless Veterans
877-424-3838 ext 1

“ If you feel too much, there’s still a place for you here. If you feel too much, don’t go. If this world is too painful, stop and rest. It’s okay to stop and rest. If you need a break, it’s okay to say you need a break... There is still some time to ask for help. There is still some time to start again. There is still some time for love to find you. It’s not too late. You’re not alone.”

– Jamie Tworkowski,

Please know that asking for help is a sign of strength — not weakness. If you’re in a crisis, please dial 988 to reach the Suicide & Crisis Lifeline.

September Post Events and Activities



Legion Post 663 and VFW Post 9668s Flag Retirement Ceremony at Camp Dodge on September 7, 2024 – 10:00 AM-2:00 PM; Family Picnic BBQ 11:30. *(Photos will be posted in the October 2024 Newsletter.)*

Post 9668 Monthly Post Meeting September 9, 2024, 7:00 PM.

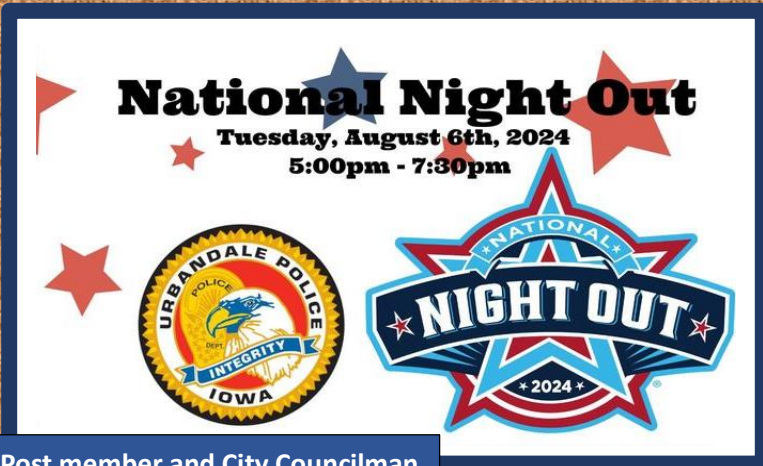
American Legion Building, 6805 Douglas Avenue, Urbandale, Ia.

September 17, 2024, 4:00 PM – Legion Post 663 and VFW Post 9668 will meet with Urbandale Parks & Rec., and the Urbandale Art Committee to review the three local artists that have been selected to submit examples of the patriotic mural to be painted on the Legion Building East exterior wall. Post 663 and Post 9668 need several volunteers to accompany both Post Commanders for this meeting. Contact Dennis Appelhons or Michael Knight if you would like to volunteer.

Also, we will need volunteers in late September and October to repair cracks and tuck point the repairs on the East wall, and pressure wash the wall to make it ready for a special primer to be applied this fall. If you have any masonry experience we would like to meet with you to discuss the wall preparation work.

Post Events and Activities In August

Urbandale Police Department - 15th annual National Night Out, the biggest block party in town, as we celebrate community and partnerships that keep OUR citizens safe! This is a free event for all ages **August 6, 2024**



Post member and City Councilman Larry McBurney participated in a donut eating contest with the Police Chief and other officers.

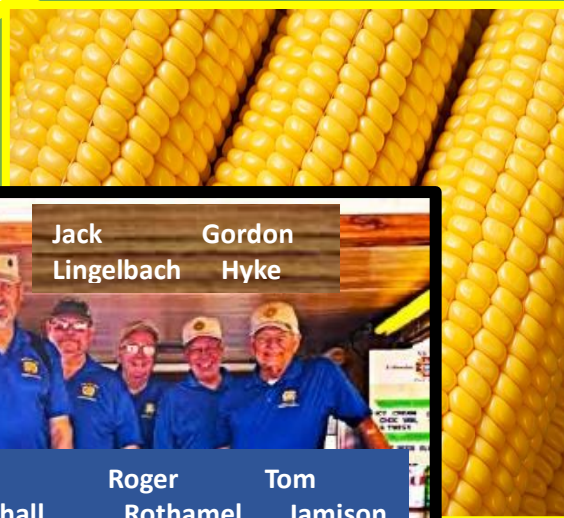


Matt Garvey Dennis Appelhons Al McPherson Jack Lingelbach

Post 9668 is a regular exhibitor in this event. We promote the VFW programs for Veteran education and scholarships. The VFW Teacher of the year, Middle school Patriot Pen and High school Voice of Democracy scholarship contest are promoted. Tattoos and coloring books are given to the younger kids, and Flag etiquette brochures are also given out.

August 10, 2024

Adel Sweet Corn Fest



Jack Lingelbach Gordon Hyke

Mark Newhall Roger Rothamel Tom Jamison

Larry Cramer was present and took these photos



Roger Rothamel

Tom Jamison Scott Schulte Mark Newhall Gordon Hyke

August 17, 2024

Living URBANDALE MAGAZINE



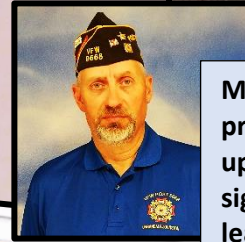
Larry Cramer Gordon Hyke Roger Rothamel

EVENTS IN THE AREA

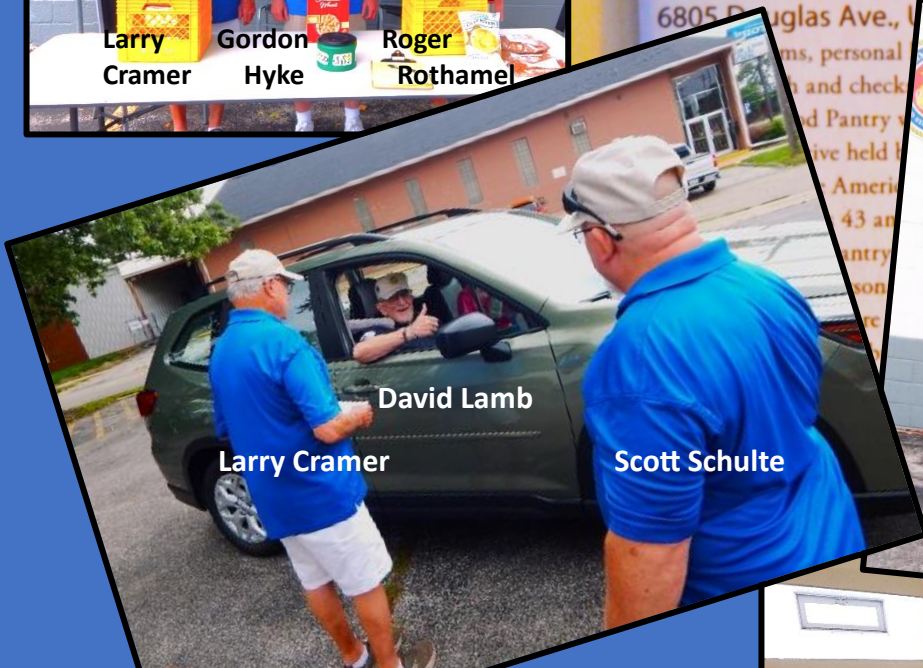
Check for cancellations

Food Drive

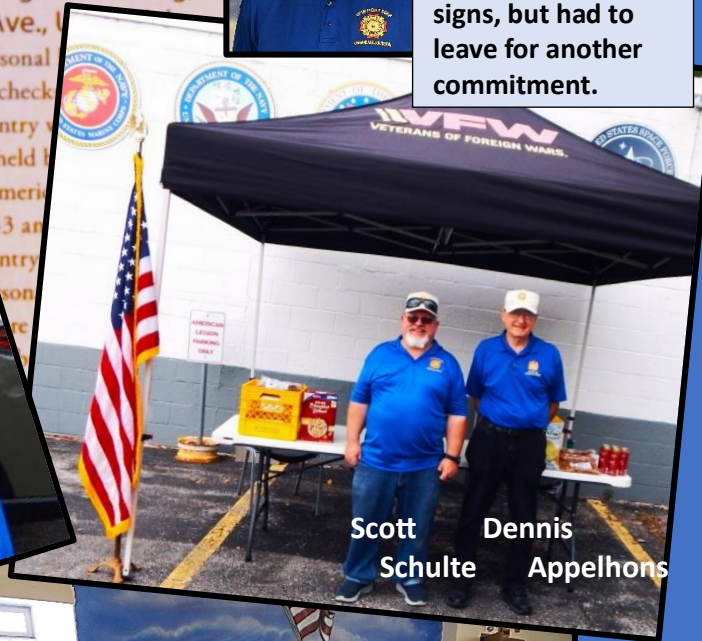
Saturday, Aug. 17,
10 a.m. to 2 p.m.
The American Legion Building,
6805 Douglas Ave., U



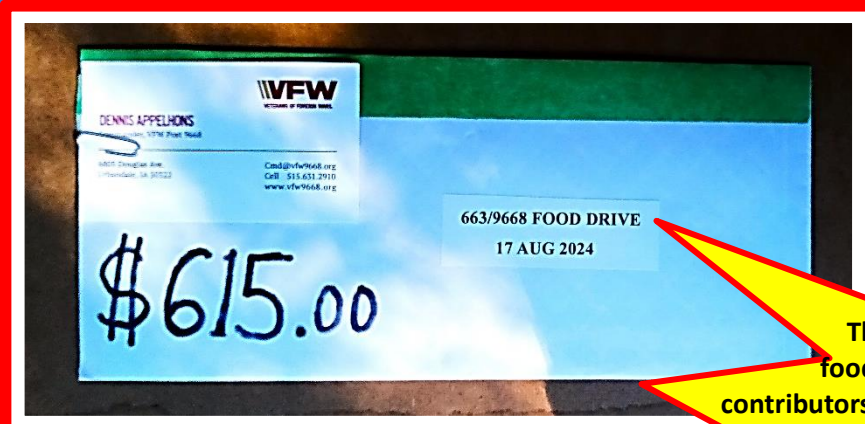
Mark Newhall was present to help set up tents, tables and signs, but had to leave for another commitment.



David Lamb
Larry Cramer Scott Schulte



Scott Schulte Dennis Appelhons



\$ 615.00 in cash and checks was delivered to Urbandale, Food Pantry.



This was one of our most successful food drives. Thanks to all of our volunteers and contributors. Advertising on our Legion and VFW web pages, Facebook, and Urbandale Living Magazine article and word-of-mouth by our members was great. We also had people tell us they saw our curbside signs and came back to drop off food items.

Important September Calendar

Dates:

2 nd : Labor Day.

2 nd : V-J Day (Victory over Japan), Japansigned Formal Surrender. (1945).

7 th : Flag Retirement

Ceremony & BBQ Picnic:

Urban Park, Camp Dodge,

1000 – 1600 Hours.

9 th : Set up 9/11 Flags at Grays Lake.1100 Hours -UTC.

9 th : Post 9668 business meeting at 1900 hrs*.

10 th : U.S. Naval Sea Cadet Corps Incorporated, (1962).

11 th : 23 rd Anniversary of 9/11. Patriot Day. Urbandale

Fire Department 9/11.

Ceremony, 0730 at Fire Station #4, 121 Street, Urbandale.

13 th – 15 th : Homeless Veterans Stand Down, Location - -TBD - - Starts at 5 pm, end at 1200.

14 th : “Star Spangled Banner” written byFrancis Scott Key, (1814).

Ladies Auxiliary VFW Organized, (1914).

17 th : U.S. Constitution Approved (1787).

Citizenship (Constitution) Day.

18 th : U.S. Air Force established (1947).

20 th : National POW-MIA Recognition Day.

22 nd : Autumn Begins.

22 nd – 23 rd : Windsor Heights Fall Festival.

29 th : Gold Star Mother Day.

29 th : VFW Day, VFW established,

(1899) 125 Years Old.

29 th : 15 th Annual IA

Remembrance Run

Sunday, 0930 – 1200.

Raccoon River

Park, West Des Moines.

Iowaremebrancerun.com

Coffee and Camaraderie:

1000-1200 hours, TBD/A.

When you are making out your schedule

for the next month, please

keep the post

activities in mind.

Do not see your birthday, contact the adjutant at

Adj@vfw9668.org.

New Members

Bud Todd

Business Meeting:

The September business meeting of Post 9668 will be Monday, 9 September 2024, at 7:00 pm, at Urbandale American Legion Hall.

Please join us. *The meeting for October will be Monday, 7 Octosber2024, at 7 pm.*

Information:

Phone number for the **Headquarters, Department of Iowa V.F.W.**, is (515) 255-2139, Fax: 515-255-2130. Hours are from 8:00 A.M. to 4:30 P.M., Monday – Friday. The office is closed on Federal Holidays.

August 30, 2024

URBANDALE
HIGH SCHOOL
J-HAWKS



Urbandale American Legion Post 663 and VFW Post 9668 provided the Color Guard at the opening of Urbandale High Schools first home football game of the 2024 season. Legion Post 663 has provided the Color Guard in previous years. This year the Legion invited Post 9668 to join them in providing the Color Guard

Pictured above, left to right: Michael Knight, Post 663 Commander; Jack Lingelbach, Post 9668 Adjutant; Post 9668 Member, Roger Rothamel; Matt Wolf, Post 9668 Junior Vice Commander; to the right of Matt, and off the photo is Robert Morris, Post 663 Service Officer. Post 9668 Commander, Dennis Appelhons (*at Present Arms*) is hidden behind Roger Rothamel.

Any member that would like to participate in future color guard events should contact Dennis Appelhons or Michael Knight. It is nice to have 5 participants at an event, it would be nice to have several substitutes so the same ,3,4, or 5 members are not constantly participating.