

VETERANS OF FOREIGN WARS OF THE UNITED STATES

Urbandale-Johnston VFW Post 9668 January 2024 Newsletter



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



From the Post Commander



Happy New Year everybody!

It's the official first day of the modern Gregorian calendar and a time for parties, toasts, fireworks, fresh starts, resolutions, goal setting, the post-holiday blues, snow days, and more.

This is a whole new year, and it's time to decide what you're going to do with it.

With the onset of New Years resolutions, many people decide on some of the typical activities such as: Lose weight, exercise more, eat healthy, quit smoking, de-stress, etc., etc.. Here are a few suggestions beyond those above.

Did you know that January is National Hobby Month?

How about rekindling a long-lost hobby. If you once loved collecting stamps, hiking, painting or other hobby, but life somehow managed to get in the way and you stopped, consider taking it up once again. Even if it's just thinking about what it would mean to return to your long-lost activity, that's a solid start, and a way to de-stress.

Do one daily act of kindness:

Paying it forward does more than just make someone else happy — it also helps reduce our stress and improve our overall well-being. "Some of the best acts are those that are simple, such as complimenting someone, holding the door for a stranger, letting someone in line ahead of you, paying for someone's cup of coffee, smiling, giving a nice greeting, or even just being patient."

Do one thing each day you don't want to:

Make a list of things you don't want to do. Just attacking one thing on that list will give you a satisfying feeling of accomplishing an unlikable task. And, who knows, it might make it easier to attack the other tasks.

VFW Post 9668
6805 Douglas Avenue
Urbandale, Iowa 50322

Ph. 515-205-0300

WEB Pages

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.

Start a photo journal :

Keeping a regular journal is one way to manage stress, channel feelings and keep track of life's most memorable moments.

Stay in Touch

Feel like old friends (or family) have fallen by the wayside? Check your old phone lists, Christmas card lists, school yearbooks, family reunions and past neighbors.

If you ever made [New Year's resolutions](#), you're not alone. One *PLOS One* 2020 study noted that around 44% of individuals in the U.S. would probably make a New Year's resolution for the following year.¹It's common for people to make New Year's resolutions, but it's also common for people to break them. Just know that the best way to approach any resolution is to make a plan and take your time to make progress.

If you are more inclined to concentrate on **Veteran based resolutions**, I will include a few suggestions below:

Assisting with funerals for veterans.

As this may be our last way to show respect and honor to the veteran and their family.

Preparing a meal.

Sending a card & periodic phone calls to check on a veteran and family.

Serving on honorary color team.

Creating awareness related to military suicides by:

Discussing in Post meetings, sponsoring workshops.

Providing transportation to:

VA facilities, Doctor/medical appointments, other places where veterans need to go.

Donating food to a local food pantry.

**Veterans are not alone—the Veterans Crisis Line is here for you.
You don't have to be enrolled in VA benefits or health care to
call.**

Access free, confidential support 24/7, 365 days a year.



**Dial 988 then Press 1, chat live, or text 838255. Support doesn't end
with your conversation. Our responders connect you with resources that can
help when you're in distress.**

Available 24/7:

Support doesn't end

Here's the 2024 Pay Raise for Vets and Military Retirees

Military retirees and disabled veterans will see their monthly checks increase by 3.2% for 2024, thanks to the annual [Cost of Living Adjustment](#) (COLA) due to inflation. While 3.2% may look low compared to the 2022 (5.9%) and 2023 (8.7%) adjustments, it's still above the average of 2.6% for the prior 20 years.

For 2024, retired military members will see a \$32 increase for each \$1,000 of [military retirement](#) pension they receive each month. Survivors receiving Survivor Benefit Plan payments will see their payments increase by the same amount as retirees.

Disabled veterans will also see their benefit payments increase in the upcoming year. [VA disability checks](#) will go up about \$5.31 per month for those with a 10% rating and \$115.90 for those rated at 100% who don't have dependents.

2024 Basic Pay Raise

Active-duty troops and drilling Guard and reserve members will receive a 5.2% pay raise in January, the largest increase since getting a 6.9% raise in 2002.

The 5.2% raise increases the monthly basic pay for an enlisted E-1 with less than two years of service by nearly \$100 to \$2,017. For an officer with the paygrade of O-4 with more than six years of service, the raise amounts to about \$380 a month for a total of about \$7,681. The Defense Finance and Accounting Service will release exact amounts within a dollar of these estimates in January.

We Have a Post Phone !

Urbandale-Johnston VFW
Post 9668 now has its own
phone number. **515-205-0300**



Did you notice this number
on the front cover of the
newsletter - - - see the
highlighted areas!

IOWA VFW AND VFW AUXILIARY MID-WINTER CONFERENCE

JANUARY 12 & 13, 2024
AIRPORT HOLIDAY INN
6111 FLEUR DRIVE DES MOINES, IA.
50321
515-287-2400

TENTATIVE SCHEDULE

FRIDAY January 12, 2024

6:00 pm – 7:00 pm AUXILIARY FLOOR PRACTICE - Ballroom South Central

7:00 pm – 8:00 pm AUXILIARY Member Recruiting Training – Ballroom South Central

SATURDAY January 13, 2024

8:00 am – NOON VFW REGISTRATION - BALLROOM FOYER

9:00 am - 4:00 pm VFW AUXILIARY MEETING - BALLROOM SOUTH CENTRAL

9:00 am - 10:00 am POST Inspection & Dashboard Training **- BALLROOM NORTH

10:00 am- 10:15 am Pause-Break

10:15 am – 11:15 am POST Membership & Recruiting Training - BALLROOM NORTH

11:15 am – NOON Pictures with District VOD/PP student winners.

NOON – 2:00 pm VOD/PATRIOT'S PEN/ TEACHER OF YEAR LUNCHEON - IOWA BCDE

2:15 pm – 3:15 pm VFW COUNCIL OF ADMINISTRATION - BALLROOM NORTH

3:15 pm – 3:30 pm Pause-Break

3:30 pm – 4:30 pm VFW GENERAL SESSION - BALLROOM NORTH

5:00 pm – 6:30 pm JOINT SESSION/LONG RANGE MEETING- BALLROOM SOUTH

Wreaths Across America

December 16, 2023

McDivitt Grove Cemetery, Urbandale, Iowa



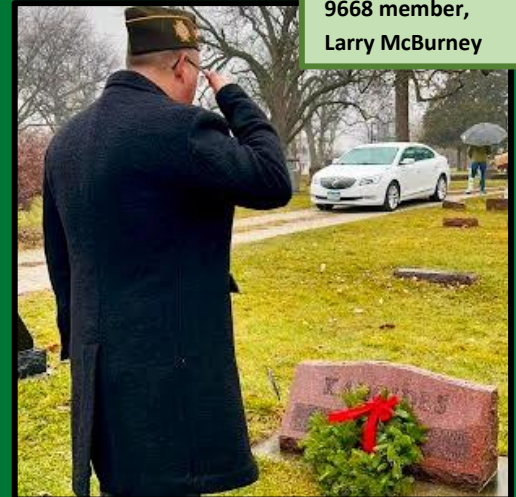
POSTs 9668 & 663 members

Larry McBurney,

Dennis Appelhons,
Roger Rothamel,
Al McPherson,
Keith Cottingham,
Scott Schulte, Tung Dang,
Matt Wolf, Tom Jamison,
Michael Knight, Larry Cramer



Urbandale City
Councilman & Post
9668 member,
Larry McBurney



Chief Petty Officer Marvin Manlapaz
Larry McBurney
Tung Dang



Dennis Appelhons
Al McPherson
Larry McBurney
Michael Knight
Roger Rothamel
Keith Cottingham
Scott Schulte
Tung Dang
Larry Cramer

Patriot Pen and Voice of Democracy winners were judged on November 13. The Post has three Patriot Pen winners and two Voice of Democracy winners and one Teacher of the Year. Presentation of the awards is planned for the January 8, 2024 monthly Post meeting.

<u>Voice of Democracy</u>	<u>Patriot's Pen</u>	<u>Teacher of the Year</u>
1st Place - Wesley J. McDowell Des Moines Christian School, Urbandale	- Srihari Kumaresan Johnston Middle School, Johnston	- Kathy Pantzar Perry Middle School Perry
2nd Place - Hannah M. Schlueter HomeSchool, Waukee	- Avery G. Wagner Des Moines Christian School, Urbandale	
3rd Place	- Dayton M. Simpson Clive Learning Academy, Windsor Heights	

Important January Calendar Dates:

8th: Post 9668 business meeting at 1900hrs*.

2nd: Tactical Fitness: Ribbon Cutting, 1100 hours, 3963 100th Street, Urbandale.

12th – 14th: 51st Mid-Winter Department Conference at Airport Holiday Inn in DSM.

15th: Martin Luther King Day.

16th: Persian Gulf War (Desert Strom) begins, (1991).

17th: **2020 Veterans Day on the Hill, 9 am to 12 pm, at the IA State Capitol Rotunda.**

27th: Signing of the Vietnam Peace Accords (1973).

31st: Panama Campaign Ended (1990).

When you are making out your schedule for the next month, please keep the post activities in mind.

January Happy Birthdays

5th Tom Jamison

11th Mike Levine

13th Ben Sonksen

18th Craig Staker

26th Jim Fay

28th Jack Lingelbach

Do not see your birthday, contact the adjutant at Adj@vfw9668.org.

New Members

- - - -

Business Meeting:

The January business meeting of Post 9668 will be **Monday, 8 January 2024, at 7:00 pm, at Urbandale American Legion Hall. Please join us.** The meeting in February will be Monday, 5 February 2024, 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.

ATTENTION - -

Post 9668 December Meeting: The December business meeting of Post 9668 will be held at Urbandale American Legion Hall, on Monday, 4 December 2023. Please join us in person. If you have any questions, contact me or Michael Knight.