



Commander

Dennis Appelhons

Ph. 515-205-0300

Sr. Vice Commander

Michael Knight

Jr. Vice Commander

Matt Wolf

Quartermaster

Mark Newhall

Adjutant

Jack Lingelbach

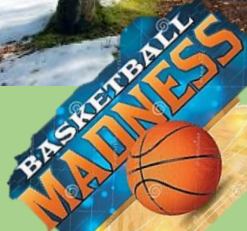
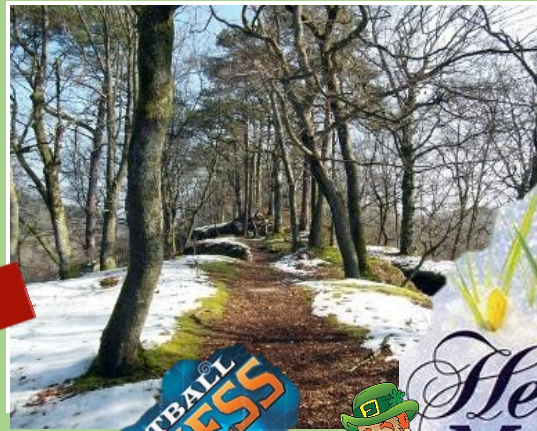
Chaplain

Al McPherson

Urbandale-Johnston VFW Post 9668
March 2024 Newsletter



From the Post Commander



Can you believe it, March has arrived! Where did March originate and what does it bring with it? The name of March comes from Martius, the first month of the earliest Roman calendar. It was named after Mars, the Roman god of war, and an ancestor of the Roman people through his sons Romulus and Remus. His month Martius was the beginning of the season for warfare. With the winter frosts melting and the ground becoming fertile for harvest again in the Northern hemisphere, March was historically the perfect month for both farmers to resume farming, and warriors to resume warring.

Well, now that I have given you today's history lesson, let's look at a few of the more well-known facts and events that March is known for.

Probably the first things that come to mind are "March Madness" "Good Friday", "Easter", "Daylight Savings Time", "First Day of Spring", or the phrase, "in like a lion, out like a lamb". We have had our winter and the good news is there are less than 30 days until the first day of Spring. The bad news is the 2024 Old Farmer's Almanac March's extended forecast call for wild swings in the thermometer, especially in the East, cool and stormy for most of the U.S. and a warmer for the Southeast with showers and thunderstorms. March could go out with stormy conditions nationwide!

Spring officially begins, of course, with the "spring equinox, which arrives this year on March 19.

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.



Women's History Month

is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. Women's History Month 2024 will take place from Friday, March 1 - Sunday, March 31, 2024.



March 3rd - [National Anthem Day](#)

On March 3, we celebrate National Anthem Day in the United States. This day commemorates the signing of a congressional order into Law by President Herbert Hoover on March 3, 1931, Officially designating "The Star-Spangled Banner" as America's national anthem.

March 17, St. Patrick's Day Saint Patrick is the main patron saint of Ireland, and this cultural and religious celebration marks the traditional date of his death. Nowadays, this day celebrates Irish culture and heritage, with festivals, parades, and green decorations and clothing.



March 29, Friday - Good Friday (Christian Holy Day) - Observed by Christians as the day that the Lord Jesus was crucified on the cross. His offering serves as a testament to God's unwavering love for people and the value of forgiveness in nature. Just as Jesus pardoned the Romans. The lesson of Good Friday is a potent representation of selfless sacrifice made for the benefit of others.

March 31, Sunday - Easter Sunday The Easter celebration, which marks the day of Jesus' resurrection, and is set in motion by Good Friday. The Christian faith is cheered and given hope by this day.

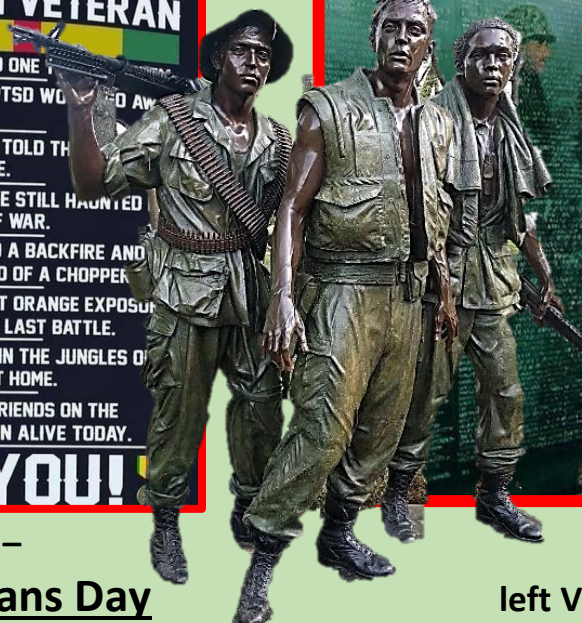
TO THE VIETNAM VETERAN

TO THOSE WHO RETURNED WITH NO ONE TO SAY GOODBYE
TO THOSE WHO HAVE BEEN TOLD PTSD WILL GO AWAY WITH TIME.
TO THOSE WHO HAVE NEVER BEEN TOLD THAT YOU ARE WELCOME HOME.
TO THOSE WHO RETURNED BUT ARE STILL HAUNTED BY THE NIGHTMARES OF WAR.
TO THOSE WHO STILL REACT TO A BACKFIRE AND BREAK A SWEAT AT THE SOUND OF A CHOPPER.
TO THOSE WHO SUFFER FROM AGENT ORANGE EXPOSURE AND ARE STILL FIGHTING THE LAST BATTLE.
TO THOSE WHO FOUGHT BATTLES IN THE JUNGLES OF VIETNAM AND HERE AT HOME.
TO THOSE WHO HAVE MORE FRIENDS ON THE VIETNAM MEMORIAL WALL THAN ALIVE TODAY.

THANK YOU!

March 29th –

Vietnam Veterans Day



It's been 50 years since we left Vietnam. Let's thank those who made it home and remember those who didn't.

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.



Available 24/7:

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.

--- Perform Buddy Checks ---

Don't forget to check in with a buddy this month. A call, text or email to a fellow veteran or even a neighbor can mean a great deal. Check in with older veterans in your communities to make sure they have the supplies they need, are feeling healthy and help them acquire the resources they need.

POST 9668 ACTIVITIES



Sunday February 11, 2024, American Legion Post 663 Commander Michael Knight, Ted Rutherford, and VFW Post 9663 Commander Dennis Appelhons, conducted a 2-hour presentation on the history of each of the Posts in Urbandale since 1938 to the present time.



Pat Finnerty, prepares to video tape the presentation for the Urbandale Historical Society. Post 663 Commander Knight is in the background. The event was conducted at the Urbandale Public Library and was well attended with enthusiastic participation from the audience.

February 17



21 degrees, wind out of the Northwest at 15 to 25 mph gusts.



Andrea Scheafer, Bode Scheafer and Carson King, Scout Troop 43, display a U.S. 48 star, WWII flag that was dropped off by a person moving out of a nearby home and found this flag which did not belong to her, in the attic.




Food Drive


Saturday

FEBRUARY 17, 2024 from 10:00 to 2:00

The American Legion Building

Curb side Drop Off including Monetary support (cash)
Please make checks out to Urbandale Food Pantry






VFW Post 9668
Urbandale/Johnston

Items Needed

Food Drive

- Meats in a can
- Canned Fruits
- Peanut Butter
- Tuna and canned meats
- Cereal
- Canned Vegetables
- Pasta Sauce
- Personal Hygiene Drive



Urbandale
American Leg
663

Those who braved the brisk windchills today were Michael Knight, Gordon Hyke, Scott Schuelty, Al McPherson, Roger Rothammel, Dennis Appelhons. At right is Andrea Scheafer, Carson King, Bode Scheafer, Gordon Hyke, and Scott Schuelty.



We Have a Post Phone !

Urbandale-Johnston VFW
Post 9668 now has its own
phone number.

515-205-0330



Long Lost Plaque

Lost since 1967 –
68 has been
found. See our
future newsletter
for the full story
behind this
plaque.

Important March Calendar Dates:

3 rd : “Star Spangled Banner” made
U.S.National Anthem (1931). Navy
Reserve Birthday.

2 nd – 6 th : Voice of Democracy,
Washington D.C.

3 rd – 7 th : Legislative Conference,
Washington,D.C.

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

5 th : 81 st Seabee Birthday

9 th : Coffee and Camaraderie:
1000-1200 hours, TBD/A.

10 th : Daylight Saving Time Begins.
Clocks 1hour ahead.

18 th : Post 9668 Planning Meeting:
TBA/TBD.

19 th : Operation Iraqi Freedom
begins, (2003).

20 th : Spring begins.

24 th : Kosovo Campaign Began
(1991).

25 th : National Medal of
Honor Day.

29 th : Vietnam War Veterans
Day.

31 st : Somalia Campaign
Ended (1995).

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

March Happy Birthdays

1 st Mark Feilmann

8 th Justin Enderson

13 th Calvin Vandekrol

14 th Ranell Belden

15 th Darwin Clupper

16 th Tung Dang

22 nd Jerry Robertson

24 th Mike Stanley

28 th Kevin Djuth

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

New Members

- - - -

Business Meeting:

The March business meeting of Post
9668 will be Monday, 4 March
2024, at 7:00 pm, at Urbandale
American Legion Hall. Please join
us. The meeting in April will be
Monday, 1 April 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.