

# VETERANS OF FOREIGN WARS OF THE UNITED STATES

## Urbandale-Johnston VFW Post 9668 September 2023 Newsletter



### Commander

Dennis Appelhons  
Ph. 515-631-2910

### Sr. Vice Commander

Michael Knight

### Jr. Vice Commander

Matt Wolf

### Quartermaster

Mark Newhall

### Adjutant

Jack Lingelbach

### Chaplain

Al McPherson



### From the Post Commander



Summer, with its dog days, its vacations, its distractions, is over. We have had our holidays, our rest, our recreation. Our Flag Retirement, 4<sup>th</sup> of July Parade & Celebration, National Night Out, Iowa State Fair, Adel Sweet Corn Fest, and Food Drives are all but summer memories now. The fall season, with its new opportunities for effort, enterprise and achievement, is upon us. **Welcome September! Nice to see you!**

### Some of our August events included:

Having our ice cream concession trailer fully rewired to prevent the many electrical problems of the last few years. This was completed on August 2<sup>nd</sup>, by H & G Electric. Our trial run to check all of this out would be at the August 12<sup>th</sup>, Adel Sweet Corn Fest. (*see the following story on the next page*).

Legion Hall Rentals. Other than the two, ½ day meetings held in the Legion Hall, the first full Hall Rental Event for 2023 took place on August 19<sup>th</sup> as an all-day Doll Craft/Antique Show and Sale. Approximately 23 exhibitors had displays set up. According to Barbra Hendrickson (Legion Auxiliary), it was a successful event and may come back to the Hall next year.

August Food Drive: On August 26, Keith Cottington, Scott Schulte, Matt Wolf, (and 8 Scouts from Wolf, Frick, & Parenza families), Gordon Hyke, and Roger Rothamel conducted the Legion 663 and VFW Post 9668 summer food drive for the Urbandale Food Pantry. \$310.00 in cash/ checks also collected.

VFW Post 9668  
6805 Douglas Avenue  
Urbandale, Iowa 50322

### WEB Pages

[w.w.vfw9668.org](http://w.w.vfw9668.org)

Facebook at VFW Post 9668  
Post 9668 Email is

[Cmndr@vfw9668.org](mailto:Cmndr@vfw9668.org) or

[Adj@vfw9668.org](mailto:Adj@vfw9668.org).

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



August 26, 2023

Food Drive



On Wednesday August 30, 2023, Gordon Hyke and Roger Rothamel, delivered the groceries and \$310.00 cash to the Urbandale Food Pantry.



**Members volunteering for Corn Fest:**

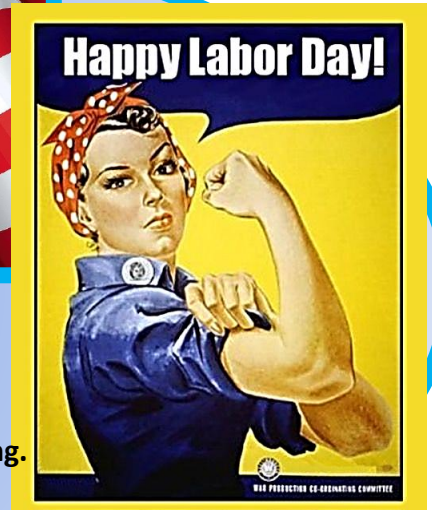
Larry Cramer, Mark Newhall, Tom Jamison, Gordon Hyke, Gary Peitzman, Roger Rothamel, Dennis Appelhons

On August 12<sup>th</sup> Post 9668 took the ice cream concession trailer to the Adel Sweet Corn Fest for a one-day event which we have done for the last 12 years. This year was a little different in that the City of Adel did not furnish any electrical power to any of the street concessions. Everyone had to supply their own power by bringing a generator. In our case, our ice cream machine requires a 220 volt power source and the trailer appliances require a 4000 + watt, 110 volts source. We were up and running for about 45 minutes when the ice cream machine shut down. We restarted it and

after a few minutes it shut down again. This cycle kept repeating itself with no apparent reason for this to be happening. Our troubleshooting with a multimeter indicated everything in the trailer was operating normally. It was finally determined that our rented 220 & 110-volt, 6500 watt generator was only putting out a little over 150 volts of power. As a result, our ice cream machine kept shutting down in a safety mode to protect the compressor. So, for the rest of the day we had to keep turning the machine back on about every 5 to 10 minutes. Frustration to the highest degree! Also, try to imagine a hundred or more generators operating within a city square block. So noisy that you could not talk without raising your voice to be heard. And the exhaust fumes on a hot, humid day with little to no air movement kept the fumes from rising. We were so glad to see the 4:00 p.m. shut down time come. We expect the City of Adel will receive a number of complaints from the crafters and concessioners about this situation. We will be sending our own complaint, and rethinking our participation here.



# September Events



Labor Day was created as a way to acknowledge and pay tribute to the workforce for all that they have done to make our country prosperous and strong.

The first Labor Day was celebrated in New York City, and other cities followed this example in the following years. It was in 1894 that Congress passed a law making the first Monday of September a legal holiday.

These days, Labor Day weekend also marks the unofficial end of summer.

## Suicide Prevention Week (September 10 - September 16, 2023)

Suicide Prevention Week is an annual week-long campaign to raise awareness in both the healthcare system and the general public about the early warning signs of suicide and suicide prevention. There are behaviors that may be signs a Veteran needs support. Learn to recognize these warning signs:

- Hopelessness, feeling like there is no way out
- Anxiety, agitation, sleeplessness or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug use
- Withdrawing from family and friends

If you or someone you know is in crisis or experiencing thoughts of suicide, please call the National Suicide Prevention Lifeline at 800-273-8255.

# September 11, 2001



Max & Amy were joined by [Iowa VFW Senior Vice Commander, Michael Young](#), to announce the set-up and removal date for flags along the 9/11 Tribute Trail, at Gray's Lake. VOLUNTEERS are welcome to join VFW volunteers and iHeartRadio air personalities to help plant flags and remove them. The Iowa VFW is the steward of our flags and will help coordinate setup. Special thanks to Des Moines Parks and Recreation. Tax deductible donations for flag maintenance and Iowa VFW programs can be made at <https://vfwia.org/di/vfw/v2/default.asp?pid=138206>

**Flag Planting - Friday, September 8, 11am**, Trail from the NW parking lot at Gray's Lake Park to the Fleur tunnel.

**Flag Removal - Tuesday, September 12, 11am.**

Bring work gloves if you have them!

On September 11 we remember the sacrifices of U.S. citizens, service members and first responders on the day that is forever burned into our hearts and minds. As the towers fell, the Pentagon burned and the ground smoldered in that rural Pennsylvania field, our nation rallied to stand arm-in-arm. Those whom we lost September 11, 2001, will forever hold a cherished place in our hearts and in the history of our nation.



★ **PATRIOT DAY** ★  
WE WILL NEVER FORGET

By a joint resolution approved December 18, 2001, (Public Law 107-89), Congress authorized the president to designate September 11 of each year as "Patriot Day" to perpetuate the memory of those who perished in the attack on America.

### Important September Calendar

#### Dates:

- 2<sup>nd</sup>: V-J Day (Victory over Japan), Japan signed Formal Surrender. (1945).
- 4<sup>th</sup>: Labor Day.**
- 8<sup>th</sup>: Set up 9/11 Flags at Grays Lake. 1100 Hours -UTC.**
- 10<sup>th</sup>: U.S. Naval Sea Cadet Corps Incorporated, (1962). Coffee and Camaraderie: 1000-1200 hours, TBD/A.
- 11<sup>th</sup>: 21<sup>st</sup> Anniversary of 9/11. Patriot Day. Urbandale Fire Department 9/11 Ceremony, 0730 at Fire Station #4, 121<sup>st</sup> Street, Urbandale.
- 11<sup>th</sup>: Post 9668 business meeting at 1900hrs\*. Also, by ZOOM**
- 14<sup>th</sup>: "Star Spangled Banner" written by Francis Scott Key, (1814).
- 17<sup>th</sup>: U.S. Constitution Approved (1787). Citizenship (Constitution) Day.
- Ladies Auxiliary VFW Organized, (1914).**
- 15<sup>th</sup>: National POW-MIA Recognition Day.
- 15<sup>th</sup> – 17<sup>th</sup>: Homeless Veterans Stand Down, at old Des Moines General Hospital, Des Moines St and SE 12th. Starts at 5 pm, end at 1200.
- 18<sup>th</sup>: U.S. Air Force established (1947).

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- 22<sup>nd</sup>: Autumn Begins.
- 22<sup>nd</sup> – 23<sup>rd</sup>: Windsor Heights Fall Festival.
- 24<sup>th</sup>: 14<sup>th</sup> Annual IA Remembrance Run Sunday, 0930 – 1200. Raccoon River Park, West Des Moines. lowaremembrancerun.com
- 24<sup>th</sup>: Gold Star Mother Day.
- 29<sup>th</sup>: VFW Day, VFW established, (1899) 125 Years Old.**

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

### September Happy Birthdays

- 18<sup>th</sup> James Gastineau
- 28<sup>th</sup> Matt Lair

Do not see your birthday, contact the adjutant at [Adj@vfw9668.org](mailto:Adj@vfw9668.org).

### New Members

- Nick Ranch Kosovo/Iraq/Afghanistan
- Larry Walraven - Korea
- Mike Stanley - - GWOT EX

### 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 June Meeting:** The June business meeting of Post 9668 will be held at Urbandale American Legion Hall, on Monday, 11 September 2023. Please join us in person. If you have any questions, contact me or Michael Knight.