



THE AMERICAN LEGION
DEPARTMENT OF IOWA

IOWA LEGIONNAIRE &

Auxiliary Communiqué

An Official Publication of The American Legion, Department of Iowa: September 2023

The Iowa Legionnaire and Communiqué
720 Lyon Street, Des Moines, Iowa 50309



Stanley Elliot (Ames Post #37) Elected New Department Commander

On the final day of our annual Department Convention, Stanley was elected the new Commander of the Department of Iowa. Commander Stanley will serve from 2023-2024.

Stanley is a 36-year PUFL member who has served in both the Navy and Iowa Army National Guard, retiring after 22 years of service.

Stanley is a proud member of Ames Post 37, and Sons of The American Legion Squadron 37. He has served the Post and County in many capacities. At District, he served as Commander, Chaplain, and Sgt-at-Arms. At Department, he served as Sergeant at Arms, 3 terms as Historian, and Vice Commander. Stanley is active on American Legion Commissions and Committees from Post level to National.

As a community member, Stanley belongs to Voiture 285 of Story



County 40&8. Stanley also volunteers at Boone and Scenic Valley Railroad in several capacities but especially enjoys representing Santa on train rides from Boone to the North Pole and back.

Past Community Service includes President of the Nevada Patriotic Council, Chairman of the Board and Board member of the First Christian Church in Nevada, and Past President of the Nevada Iowa Lincoln Highway Days celebration.



Dues Increase Passed by Delegates to Department Convention

A resolution calling for a \$5.00 increase in Department of Iowa membership dues was passed by the Delegates to the 104th Annual Department Convention of The American Legion, Department of Iowa. The dues increase becomes effective on January 1, 2024.

A number of questions have been asked concerning the dues increase. Some of the more frequently asked questions with the answers appear below.

When were dues last increased?

Department dues were last increased in 2012.

Can I pay my 2024 dues at the old rate?

Yes. Any 2024 dues submitted to the Post and transmitted to Department Headquarters before January 1, 2024, will be accepted at the old rate.

How long can Posts submit dues at the old rate?

Any dues transmitted by the Post to Department must be received on or before January 10, 2024, or transmitted

USS Iowa SSN 797

It's official. The AMERICAN Legion of Iowa has an American Legion Post onboard a nuclear submarine. The USS IOWA SSN 797 is a commissioned nuclear submarine for the U.S. Navy.

SSN 797 and her crew (and now Legionnaires) of 140 will carry IOWA's name through the next 3 decades of service. Welcome aboard Post 797 to The AMERICAN Legion of Iowa.



electronically on or before January 10, 2024, and will be accepted at the old rate.

How does the Post increase its dues?

Each Post Adjutant will receive a form by mail in September. The form will give the Post the option of increasing its dues effective January 1, 2024. The form must be returned to Department Headquarters before November 15 for the change to be reflected on January 1.

Can I purchase a Paid Up For Life (PUFL) membership before the increase?

Yes. In fact, now is an ideal time to purchase a PUFL membership. Any PUFLs received before the dues increase will be computed at the old rate.

Will the January renewal notice reflect the new dues rate for a Post?

Any Post which submits a new dues rate before November 15, 2023, will have its new Post dues rate reflected in the January renewal notice.

If you have questions regarding the dues increase, please contact Ann Haack, Membership Clerk, or John Derner, Department Adjutant, at 800-365-8387. We will be happy to assist you with any problems or questions.

NONPROFIT ORG.
U.S. POSTAGE PAID
PERMIT #27
WEBSTER CITY, IA

DEADLINES & DATES

- September 1**
History Books Due
- September 4**
Labor Day
Department Offices Closed
- September 15**
Post Officer Forms Due to Department
- September 16**
American Legion Day
8th District Conference- Breda
- September 23**
6th District Conference - Fort Dodge
- September 22-24**
National Combined Americanism Conference
Indianapolis, IN
- September 30**
6th District Conference- West Des Moines
- October 7**
2nd District Conference- Davenport
9th District Conference- Akron
- October 9**
Columbus Day
Department Offices Closed
- October 8-12**
National Fall Meetings (Indianapolis Indiana)
- October 14**
4th District Conference- Elgin
5th District Conference- Oskaloosa
7th District Conference- Bedford
- October 20**
3rd District Conference - Waterloo
- October 29**
SAL Fall Conference- Department HQ
Des Moines
- November 7**
Election Day
- November 10**
Department Offices Closed
- November 11**
Veterans Day
- November 16-18**
National Vice Commander Tour
- November 15**
Boys State Orientation Dates due to HQ
Oratorical District & Area Contest Dates due
Winter Legionnaire Articles are due
- November 23-24**
Thanksgiving
Department Offices Closed
- November 30**
Firefighter of the Year &
Law Enforcement Officer of the Year due to HQ
- Dec 1**
Department Christmas Open House - 3 PM
- Dec 9**
Boys State Board Meeting - 10 AM HQ



The American Legion, Department of Iowa

Mailing: 720 Lyon St., Des Moines, IA 50309
Website: www.ialegion.org
Phone: (800) 365-8387 • (515) 282-5068 • Fax: (515) 282-7583

American Legion Auxiliary, Department of Iowa

Website: www.iowaala.org
Phone: (515) 282-7987 • Fax: (515) 282-7583

Sons of The American Legion, Detachment of Iowa

Website: www.ialegion.org/sal
Phone: (800-365-8387) • (515) 282-5068 • Fax: (515) 282-7583

2022-2023 American Legion Department Officers

| | | |
|--|------------|--|
| Commander | | |
| Stanley Elliott | Ames | commander@ialegion.org |
| Vice Commanders | | |
| Sam Blumer | | sblumer87@gmail.com |
| Steve Colcord | | s.colcord@yahoo.com |
| Fritz Kies | | fritz99@yahoo.com |
| Jeff Large | | jlargeusarmyvvet@gmail.com |
| Amy Muse | | amymuse.legion@outlook.com |
| Adjutant | | |
| John A. Derner | Granger | john@ialegion.org |
| Service Officer | | |
| Shane Pankonen | Grimes | shane.pankonen@va.gov |
| Finance Officer | | |
| Candice Lanning | | candithcpa@gmail.com |
| Judge Advocate | | |
| Dwight Dinkla | Panora | ddinkla@iowabar.org |
| Historian | | |
| Julius Sisco | | jj_sisco@yahoo.com |
| Chaplain | | |
| Whitney Smith McIntosh | Altoona | smithmcmintosh.iaal@gmail.com |
| Sergeant-At-Arms | | |
| Kandice Miller | | s.kandice.smith007@gmail.com |
| National Executive Committeeman | | |
| Dennis Soppe | West Union | nec@ialegion.org |
| Alternate National Executive Committeeman | | |
| Bob Waugh | | bobwaugh89@gmail.com |
| Past Department Commanders | | |
| Bob Waugh Douds | | bobwaugh89@gmail.com |
| Randy Johnson | | Randy.Johnsonrl7696@gmail.com |
| Jim Kessler | Lake Park | jmkessler71@gmail.com |

2022-2023 District Commanders

| | | |
|------------|----------------|---|
| 1st | Gerald Bennett | Swisher firstdistrict@ialegion.org |
| 2nd | Dick Bries | Epworth seconddistrict@ialegion.org |
| 3rd | Dixie Kapayou | Tama thirddistrict@ialegion.org |
| 4th | Cindy Yslas | Cresco fourthdistrict@ialegion.org |
| 5th | Gary Quinlan | Deep River fifthdistrict@ialegion.org |
| 6th | Don De Kock | Pella sixthdistrict@ialegion.org |
| 7th | Terry Joynes | Gravity seventhdistrict@ialegion.org |
| 8th | Ken Fields | Gowrie eighthdistrict@ialegion.org |
| 9th | Jim Rolfes | Le Mars ninthdistrict@ialegion.org |

Department Service Office

Mail: 561 Federal Building, 210 Walnut St., Des Moines, IA 50309
Phone: (800) 944-2039 • (515) 323-7532 • Fax: 515-323-7401

Claims Representatives

Steven Sutton, Josey Pester
Shane Pankonen

Department Headquarters Staff Directory

| | | |
|----------------------------|--------------------|--|
| Adjutant | John Derner | john@ialegion.org |
| Membership Clerk | Ann Haack | ann@ialegion.org |
| Programs Director | Eric Less | eric@ialegion.org |
| Business Manager | Teresa Shaw-Coffin | teresa@ialegion.org |
| General Information | | info@ialegion.org |

Auxiliary Department Staff Directory

| | |
|---------------------------|--|
| Executive Director | |
| Crystal Wright | alasectreas@ialegion.org |
| Membership | |
| Jeannie McKeever | alamembership@ialegion.org |

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Department Commander
Stanley Elliott

Greetings, it is an honor to be your
Department Commander.

We are off to a great start and let's
continue to work on keeping the momentum going.

Membership is a priority this year as it is every year. As our numbers continue to drop, we need the extra effort to turn that around. Eleven of us attended the Membership Workshop in Indianapolis on July 27-30. One thing that came up in almost every class I attended was the need for that personal contact, for retaining current members and recruiting new ones.

Buddy Checks are a way of staying in contact with members, but don't lead with ***"Hey we noticed you haven't paid your dues yet this year"***. Buddy Checks are for visiting members and veterans in our communities and asking how they are doing if they need anything and what we can do to help.

BETHE ONE, what a great way to help our Veterans needing extra care. Listen to what they are saying and help them get the care they need. A reminder, BE THE ONE day is the first of each month.

Now is the time to kick off our Programs. Fifth Grade Flag Essay and Oratorical are two that need to be started now. Both have finals at or before the Mid-Winter Conference, let's give our youth the opportunity to participate and excel in these events.

Fall Conferences are starting in mid-September. The schedules are posted on the calendar at ialegion.org. Find out when your District Conference is and plan on attending. This is one of the easiest ways to determine what is happening in your District and Department.

With other VSOs closing their offices, it puts more workload on our Service Office. Last Year Commander Randy Johnson's project was our Department Service Office. He spent the year promoting and collecting funds to help offset the expenses and provide monies for the future to keep the resources needed to maintain that office. They need our financial support to help keep the resources needed to continue the fantastic work they do. My project for this year is our Iowa Foundation, and I am now adding our Service Office as a second project. Posts, Counties, and Districts please donate to these projects as you can.

Let's have a great year and remember, ***"DEVOTION TO MUTUAL HELPFULNESS"*** is how we make it happen.

Stanley Elliott
Commander Department of Iowa



Department Adjutant
John A. Derner

I recently attended the American Legion's National Membership Workshop in Indianapolis, Indiana. One of the sessions caused me to

evaluate how I personally recruit members and inspired me to change the recruiting tactics I use.

Liz Hartman of North Carolina presented the session. Liz currently serves as Chair of the Foreign Relations Committee but is also actively engaged in The American Legion's legislative agenda. The subject of her presentation was how to use our legislative agenda to attract members.

She started by asking all gun owners to stand. She then asked if anyone in the crowd had heard of the NRA. When she asked why people join the NRA or PETA, or even the ACLU, the answer was the same – they join because they are advocacy organizations, and they want representation on issues of importance to them.

That is exactly why veterans should be joining The American Legion. We advocate for the issues veterans care about. The problem is that veterans do not know we are their strongest advocates. So, it is up to us to tell them about it.

That starts with becoming educated on veterans' issues and becoming advocates ourselves. Start by visiting The American Legion's Grassroots Action Center at <https://www.votervoice.net/AmericanLegion/home> and our Legislative Center at <https://www.legion.org/legislative>. Learn about the key issues for which The American Legion is advocating and TAKE ACTION. Become part of our fight by sending messages to your members of Congress.

Do it for each of the issues listed on the Grassroots Action Center. Then talk about it. Talk to fellow members about the issues. Encourage them to send messages to Congress as well.

Then talk about those issues even more. Bring them up during your conversations with family and friends and encourage them to join our advocacy efforts.

Then, talk about it some more. Post it to your social media and include the link so others see that The American Legion is taking a stand on the issues that are important to them.

The percentage of Americans serving in uniform is decreasing. And The American Legion exists to serve those veterans. How can they know we are serving them if we do not talk about it?

The American Legion wrote the GI Bill and got it passed and implemented. Countless veterans have benefitted from that legislation. But our fight is not yet over. We must remain vigilant when it comes to veterans' benefits.

Tell Congress to stop penalizing veterans by offsetting their retirement and disability pay. Let your neighbors know that during government budget shutdowns, the Coast Guard does not continue to receive pay like other branches of service because they are the Department of Homeland Security and not the Department of Defense. Talk to an Afghanistan veteran about the Afghan allies we left behind.

All of these are issues that are important to veterans. All of these are issues, and more, are issues The American Legion is working to resolve. If you want to recruit members, we must start talking about the issues that veterans are passionate about.

Let our fellow veterans know we are in the fight. And get into the fight yourself. Advocacy matters!

Department E-Newsletter
Distributed Twice/Month
Subscribe Today
www.ialegion.org/signup



National Executive Committeeman Dennis Soppe

Greetings Legion family of Iowa! Hope everyone is well and hope you enjoyed being at the State Convention. I wish to thank you for

electing me to the National Executive Committee. I also want to do a shout-out to Bob Waugh as my new Alternate NEC. I wish him well in this position.

If you are eligible under the PACT ACT, be sure to get signed up at your service office. The National Convention is going to be in Charlotte and the Iowa delegation will represent you well I hope you all have safe travels.

The district conferences will be starting up soon and I hope everyone gets it on their agenda to show up and participate. We are always looking for new people for offices so do not be afraid to raise your hand and become involved.

Wishing you all good health and we will be seeing you.



Department Service Officer Shane Pankonen

Prosthetics and Sensory Aids Services for Women

The Department of Veteran's Health Administration (VHA) has a program to assist female Veteran's in critical need of assistance of Prosthetics and or Sensory Aid Services. The term "prosthetic" means any medical device that supports or replaces the loss of a body part or body function. Any medical device deemed a medical necessity, that is commercially available, may be obtained based

on the Veteran's personal needs. This also includes customized devices, such as bracing, artificial limbs, orthotic items, and wheelchairs.

To be eligible for this, you must be enrolled in the Department of Veterans healthcare system (VA) and have a medical need for prosthetic services or items. A Women Veterans Program Manager (WVPM) is designated at each VA medical center to help and advocate for women Veterans. This manager can help coordinate all services a woman Veteran may need from primary care to specialized care for chronic medical or reproductive health conditions. The female Veteran can call the Women Veteran Call Center at 1-855-829-6636 for information and assistance.

Items that are women-specific are breast pumps, Nursing bras, post-mastectomy items, Wigs for Alopecia, Contraception (e.g., Intrauterine devices), Maternity Support belts, and vaginal dilators. The Center for Women Veterans office will work closely to address any unique need of women Veteran's and provide the most comprehensive and advanced prosthetic devices, and hearing aids.

If you have any questions about this benefit, you may contact the American Legion service office and we will be glad to assist you. I may be contacted directly at 515-323-7532 for questions regarding this benefit or any VA benefits.



Department Chaplain Whitney Smith McIntosh

We as veterans take on all the trouble of the world, It's in our DNA it's in our training it's in the very air we breathe. Our favorite phrase is

I'm okay. I encourage you to be the voice for yourself and understand that you are important.

Kimberly Henderson Of Proverbs 31 ministries wrote, "oh friend. I want to pull you out. I want to change your path. I want to stop your pain. But right now I know I would be wrong. I would be out of line. I would be cheating you and cheating the world out of so much good.

Because God knows. He knows the good this pain will produce. He knows the beauty of this hardship will grow. He's watching over you and keeping you even in the midst of this. He's promising you that you can trust Him. Even when it all feels like more than you can bear.

So instead of trying to pull you out, I'm lifting you up. I'm kneeling before the Father and I'm asking Him to give you strength. To give you hope. I'm asking Him to protect you and to move you when the time is right. I'm asking Him to help you stay prayerful and discerning. I'm asking Him how I can best love you and be a help to you. I'm believing He's going to use your life in powerful and beautiful ways. Ways that will leave your heart grateful and humbly thankful for this road you've been on."

TEAM For God and Country



Sons of The American Legion Detachment Commander Jim Lastovka

We can walk 100 miles, but it begins with that First Step. What we need to inspire young men and women to do is take that First Step. Like

going to Boys State, Girls State, and other programs. This is a way that we can get young men and women to be aware of what the Legion Family is about and maybe it will get new members.

My project is the Service Office. They primarily deal with disability and compensation claims-getting people into the VA. What are their needs? That's what I want us all to help.

FOLLOWUP. Let's go and contact past new Squadrons to show that we still care as a Detachment. Another goal of membership. We fell short on membership for 2023. Less than 100% membership, under 85% renewal, and 2 new squadrons.

If are Dedicated and Motivated that will make us American Legion Family Strong.

2023 Fall District Conferences

September 23, 2023
District 8 – Fort Dodge

September 30, 2023
District 6 – West Des Moines

October 7, 2023
District 1 – Durant

2022-2023 Membership Awards
Post Membership Trophies
RJ Laird: #494 Douds (+11)
BA Webster: #523 Dows (+17)
CB Robbins: #110 Manly (+9)
RA McGinnis: #297 Center Point (+8)
Daniel F Steck: #59 Story City (+5)
BL Halligan: #347 Le Claire (+2)
Ray Murphy: #232 Polk City (+13)
James F Barton: #3 Ottumwa (+8)
Service Club: #731 Des Moines (+14)

October 7, 2023
District 2 – Davenport

October 7, 2023
District 9 – Akron

October 14, 2023
District 4 – Elgin

Post Awards
All-Time High:
Post Growth: #430 Durant with 47
5-year all-time high: 1st District --- #430
Durant --- 46 years
Commander's Membership Sweepstakes
1st Place Winner is #523 Dows, 3rd District (+17)
Commander's Sweepstakes Runner-Up:
#731 Des Moines, 6th District (+14)

October 14, 2023
District 5 – Oskaloosa

October 14, 2023
District 7 – Bedford

October 21, 2023
District 3 – Waterloo

District Membership Trophies
Spafford: 2nd District and Oxford Junction
Post #473 (+10)
District Membership Awards
Watch: 2nd District (94.38%)



1st District Commander Gerald Bennett

Fellow Legionnaires.

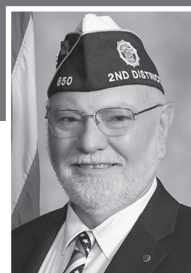
I hope today finds you all well and healthy. A heartfelt thank you to Dixie Kapayou, 3rd district commander, for inviting me to the

Meskwaki POWOW honoring veterans. It was an awesome celebration. I especially enjoyed the music and dance! I hope to attend next year also.

Off to Springville tonight where Solon Riders are hosting a get-together at Post #331. Should be a great time! Tomorrow my post will be throwing a Pizza party for the Legion baseball team that we sponsor. An awesome team of young men from Prairie Highschool.

They made it to the American Legion World Series! We're very proud of them! I would be remiss if I didn't mention membership. It's the lifeblood of the American Legion. Our membership is still in decline. We ALL need to work harder.

For God and Country



2nd District Commander Richard Bries

Greetings to the 2nd District Legion Family:

I am Dick Bries, your newly elected 2023-2024 2nd District Commander as of July 16, 2023. I was installed at

the 104th Department Convention in Des Moines, Iowa, replacing Jerry Becker.

I have 55 years of continuous legion service at Post #650 Epworth, Iowa. Presently, I'm the Post Commander and Membership Chairman. My wife Mary and I preside in Dyersville, Iowa.

Our 2nd District Leadership Team also includes:

Adjutant - Polly Graham Post #711

Chaplain - Janet Grass Post #6

Vice Commander (Clinton/Scott Counties) - Don Arns, Post #548

Vice Commander (Linn/Jones counties) - Dick Hogan, Post #298

Vice Commander (Dubuque/Jackson counties) - Ken Weimerskirck, Post #75.

Our primary goal this year was to have all dues paid by the February Mid-Winter Conference, but due to changes with department dues increasing by \$5.00 as of January 1st, 2024, all dues are encouraged to be paid by December 31, 2023.

Our secondary goal is to have 100% of our Consolidated

Post Reports (CPR) completed and submitted to Department by June 15, 2024. Therefore, start recording volunteer hours and accomplishments/activities, now, so it's easier to complete the report next Summer. This was accomplished when Roger Norfolk was commander, for two years! We can do it again!

My email is dbries70@gmail.com and I will be happy to address questions/concerns. Suggestions are welcomed to help make our district top-notch!

I look forward to being your commander!

Remember to "BE THE ONE"

NO VETERAN LEFT BEHIND...



3rd District Commander Dixie Kapayou

My Fellow Legionnaires,

My name is Dixie Kapayou, a 20-year US Army Veteran, a proud member of the Robert Morgan Post 701, a Native American of the Meskwaki

Settlement in Tama, and it's a great honor to serve as the newly elected 3rd District Commander. I would like to give a shout-out and a big thank you to our outgoing District Commander, and newly elected Department Vice Jeff Large, and good luck to you on

your upcoming year, you'll do great.

Our main goal for this year is with our Communication network. We need increased communication within the Department, with each of our Counties, Posts, and all our 3rd District Legionnaires. I have confidence in my Vice Commanders, Richard Echelberger, Bob Daniels, and Del Shepard. This goal will ensure all posts have information from memberships and dues, to increased knowledge of all the programs and deadlines, events, and dates. By now our posts should have received their next year's membership cards. I highly encourage all posts to have their dues paid up by the end of the year.

The 3rd District Fall Conference: Saturday, October 21, 2023. Location: Waterloo Post 138, 728 Commercial St, Waterloo, IA 50701

Hotels:

- Best Western Plus Executive Residency, 205 W 4th St, Waterloo, IA, (319) 888-1000

- Days Inn & Suite by Windham, 809 La Porte Road, Waterloo, IA, (319)-427-6046

- Fairfield Inn & Suites by Marriott, 2134 La Porte Road, Waterloo IA, (319) 233-2500

For God and Country,



4th District Commander Cindy Yslas

Hello Fellow Legionnaires! As I look ahead to my time as the 4th District Commander, I've set goals for myself and for my District; as a way of holding myself accountable during this new adventure. My first

goal is to get to know my Posts better throughout beautiful Northeast Iowa. What better way to do that, than with a bit of "windshield time"; visiting as many of my 69 Posts as possible.

This thought brought me back to another time in my military career when "windshield time" was a way of

life. Little did I know some 20 years ago, as an Air Force Recruiter, I would also put in the hours behind a windshield...visiting individuals and "selling" them on what benefits "could" lay ahead for them with a life in the military. Fast forward and I'm once again, on a mission to "sell" what the American Legion has to offer many of these same individuals. Through the benefits offered, the support made available to them and the comradery and fellowship shared between fellow veterans, the American Legion has so much to offer every Veteran.

The task is the same. Find what interests them, what drives them, and what their needs might be. Find what the American Legion has to offer them and their families personally. Perhaps it's help with VA claims

or offering them an ear to listen to the struggles they've faced since leaving the service. Perhaps it's being the shoulder to turn to when life gets hard or simply giving them back that sense of belonging to a "team" like when they wore a uniform and were part of the largest and strongest team in the world. That of the United States Military. The American Legion has something for every Veteran...we just have to find it!

If you're like me, I often miss my days in uniform, my days of recruiting, my days of working side by side with fellow military members. The American Legion is a place to bring those military members together again. One voice, one mission ... taking care of our Fellow Veterans!



5th District Commander Gary J. Quinlan

Hello 5th District Legion Family,

I wanted to introduce myself. I'm a member of Post 296 out of Deep River. I'm a dual SAL and Legion member. I'm the Squadron Adjutant for the SAL and Finance Officer for

the Post. I'm currently the Vice-Chairman for the SAL Committee and will be on the National Commission of Americanism; come this Fall. That is enough about me.

I would like to congratulate the 7 posts in the 5th District that got 100% membership this past year.

Ottumwa, Leon, Newton, Grand River, Brooklyn, Allerton, and Unionville. We also had a few posts that were within one member of achieving that goal.

Since the Department Convention, we have been busy getting the American Legion brand out in front of the people. 1st we spent the weekend at Newton Speedway July 22-23rd helping work the Be the One booth. 2nd was Aug 4th and 5th having an Informational booth at the What Cheer Flea Market handing brochures from Why to be a Legion Member and about the PACT ACT. We had several local posts that helped with it. If you have something upcoming, and you think a booth will work. Let me know.

In between those weekends, I spent the weekend in Indianapolis at a Membership Workshop. Dept

Commander Stan Elliot, Member Chair Brian Ring, and 6 other District Commanders, John Derner and Ann Haack all attended. Very informative, but still the best way to retain or recruit is personal contact.

I would also like to wish everyone in the department good luck. I would also like to congratulate my wife Tammi Quinlan for stepping up when they needed someone to fill in for 5th District Auxiliary President. She is going to do great.

The last thing, the Fall Conference is at Post 34 in Oskaloosa on Oct. 14th. Hopefully, everyone can make it.

For God and Country



6th District Commander
Don De Kock

As I begin my year as Commander for the 6th District, I sometimes wonder what I have gotten myself into. So first I would like to introduce myself. My name is Don De Kock. I am a Veteran of the United States Navy, spending six years in the Navy and being deployed on three occasions. I was stationed aboard the USS Neosho AO 143. Whenever I get a whiff of that salty air near an ocean, I am ready to go back to sea. For those who have never been to the sea, there is nothing more beautiful than a full moon shining over a sea that is as smooth as a tabletop.

After completing my time in the Navy, I worked as a carpenter and taught people how to fly, before I became a Law Enforcement Officer, where I spent the next 38 years. I was blessed many times during my career and if I had to go back and do it again, I would change very few things. But enough about where I have come from.

As I think about the few weeks since I was sworn in as the 6th District Commander, I think about the different Posts that I have had the opportunity to visit and the many American Legion members that I have met.

So now I sit back and start to ask myself some questions. As a member of the American Legion, what do I need to do as an individual to help my home Post in Pella become a better Post? A Post where every member feels welcome and important when they walk through the door, where they feel needed and wanted. A Post where a member knows there will always be someone there to listen and walk with them when they are having struggles.

Then I think of this next year as the 6th District Commander. How do I inspire those who are in leadership positions in the district to come together and ask the right questions as to how we can bring different Posts together with the intent to make each Post a better Post? Where no member in the district feels that they are unwanted or not needed, where they feel that no one cares about them as an individual.

Then I must ask myself the question? How do I support

our Department Commander and his leadership team in making the Department of Iowa the best Department of the American Legion?

So now I ask each of you, how are you going to make your local Post the best it can be?

How do you as local Posts help support and make our district the best it can be?

How do you as individual members of a Post, support our Department Commander and his leadership team in making the Department of Iowa the best Department in the American Legion?

I encourage each of you to be prepared to "Be the One". The one, that is willing to walk beside another member as that other member walks through some struggles. To be that one, individual who is willing to walk behind another member to be there to help pick them up when they stumble. To be that one individual who is willing to walk ahead of another and lead them to the help they may need.

Please remember you are wanted, you are needed, and you are important as an individual and as a member of the American Legion.



7th District Commander
Terry Joynes

Hello, My Fellow Lady Veterans,

My name is Terry Joynes. I was elected as your new District 7 Commander for 2023 – 2024. I have been an American Legion member for 32 years. I am Taylor County Commander, Adjutant for Post 578 in Gravity for 14 years, and I am a commissioner on the Taylor County Veterans Affairs Board. I am a Vietnam Veteran, I was in the Army from January 4, 1968, to November 13, 1970. I served as a wheel vehicle mechanic where I reached the rank of E5 Sergeant. I have worked in the mechanical industry

as a mechanic, electrician, plumber, and HVAC. I am retired now but still do occasional jobs.

My goals for District 7 are:

- Visit every post in the district.
- Promote "Be The One" Buddy Checks
- Increase membership by at least 5%

I plan to utilize our Zone Vice Commanders to encourage membership growth and promote Buddy Checks. I would like to keep an open line of communication via telephone, email, and District 7 Facebook page. I would like to encourage everyone with ideas to improve our district to contact me.

I look forward to a great year with all of you and to spreading the American Legion mission.

UPCOMING EVENTS

| | |
|-----------------|--|
| 8/19/2023 | Department membership Committee meeting Training Committee 12:00 PM |
| 8/20 - 9/1/2023 | National Convention |
| 9/14/2023 | District 7 Fall Conference Bedford, IA |
| 9/29/2023 | SAL Fall Conference |

712-542-0128
tandj49@yahoo.com



8th District Commander
Ken Fields

8th District Legionnaires,

We will be holding our Fall Conference in Fort Dodge, IA hosted by Post #130 on Saturday, September 23rd, 2023, at Iowa Central Community College in the BioScience and Health Science Auditorium, the gavel drops at 0830. Please send a representative/s from your post to attend the 8th District Fall Conference.

We are at the beginning of a new year and between now and December 31 it will be important to collect memberships and turn them into Department Headquarters before the increase of \$5.00 for dues

beginning January 1, 2024.

The District was successful in appointing 5 of 6 District Vice Commanders, in the far north, counties Emmet, the northern half of Kossuth, and Winnebago will be covered by Perry Green (pgreen708@gmail.com), counties Palo Alto, the lower half of Kossuth, and Hancock will be covered by Tom Ryan (tprsr1951@hotmail.com), counties Pocahontas, Calhoun, and Carroll will be covered by Kevin Stork (kjstork85@gmail.com), counties Crawford, Green, and Boone will be covered by Tony Lile (tlile@fmctc.com), and counties Webster, Humboldt, and Hamilton will be covered by Tom Dorsey (tdorsey@mchsi.com). We are looking for one more Vice Commander to further subdivide responsibilities to support the local posts, BE THE ONE! If you need assistance from the district,

please contact the appropriate Vice Commander. Additionally, any member is welcome to join the district team, so if you would like to learn more about the American Legion and its programs contact any of the officers in the district.

In closing, many of our Posts are having difficulty mustering Honor Guard and Rifle Squads for local service to the community. We are a team of veterans in the American Legion and Posts in the same general vicinity should develop a spirit of cooperation with each other to provide these services. Past Department Commander Randy Johnson's motto, Together Everybody Achieves More continues to ring true. Contact your Vice Commander to assist and coordinate these activities.

Together each



9th District Commander
Jim Rolfes

Greetings to the members of the Tall Corn Ninth. A brief introduction about me is being a member of LeMars #241, District Adjutant for 20 years, off and on, District Commander in 2010 and again to lead the District in 2024. We've seen a decline in members since then and hope to find a plan to change that. One of my plans is to increase attendance at our District Conferences.

We need more to move off of the post level and attend county, district & even Dept. Meetings to find out who we are and what we do. As an incentive to do that I will give "1000 Points Post" plaques to 10 posts that accumulate 1000 points. 200 points will be awarded if a post member attends each Spring, Fall conference, Mid-Winter & Dept. Convention. 100 points for submitting the Officer reporting form and C P R. 300 points for making target & 20 for every new member or transfer. If there are more than 10 making 1000 points, the top 10 highest points will win. Talking about Fall Conference will be held in Akron Legion

Hall on Oct 17. Check with Korn Kernels for further details. This newsletter is not just for the Auxiliary, it is the district information source for Legion, Auxiliary, and SAL. We've had 12 of the 13 counties on hand at recent conferences, so let's make it 100% in Akron. I'd like you all to meet my counterpart, District President, Sandi Cox, of Ashton at Akron. Help us to make the 9th District move up on the District standings More in the next Legionnaire. For God and Country.

American Legion of Iowa Riders

Greetings Iowa Riders,

Well, here we are. September is almost here and looking back at the summer I marvel at all the activities we've taken part in. Dinner Rides, and Legacy Rides. The fun and excitement of the Indy Car Escort and the somber and respectful escorts of dozens of our remembered and honored Veterans. The calendar serves as a reminder of not only what we do but also why. To some, it's the camaraderie and the fellowship we share riding, to others it's paying back the uncancelable debt to those that came before us or to those that served alongside us. No matter the reason though, we are an amazing group and together we continue to do amazing things together.

Speaking of the calendar, The Department of Iowa



Riders of Iowa Facebook page. It's going to be a great ride. I'm also looking forward to being on stage with all those that made it possible again for the Legacy Fund presentation to Commander Triolla at the National Convention. We not only beat last year's donation amount we blew it away. We are taking nearly \$15,000 in donations from across the Department of Iowa, and as Riders Chair, I cannot say thank you enough times.

Sadly, earlier this summer we lost a great man, he was a husband, father, Legionnaire, and a Legion Rider. Everett Freel was a State Charter Rider and the founder of my Riders Chapter in Ames. I'm proud to say he was also a friend. I was approached at his service with an offer by another Charter Member to share some of the early documents, meeting minutes, and other information from our early days in the Department. I would like to ask that if anyone has some of this information, to let me know at alrofiowa@gmail.com. I'd like to capture as much of the history of the Iowa Riders as I can, and everything will be returned to you once it's scanned. Each of your Chapters should do the same. 2023 marks the 30th anniversary of the Founding of the Legion Riders in Garden City, Michigan, and our history and heritage need to be preserved for the future.

The Iowa Legion Riders continue to grow the Legion Family. A good number of you carry some Legion literature and membership forms on your rides and it shows in the number of new members and Chapters forming. The interest is there, but we need to continue to reach out and welcome new members to retain them as they are our future.

Finally, I'd like to congratulate my friend, Stan Elliott, as our 2023-24 Department Commander. Stan has vowed to continue the support we've had the last couple of years of not just the Riders, but of the mission we've accepted, as we ride as ambassadors of a fantastic organization that represents over 100 years of dedication to our veterans and their families.

Thank you, everyone, ride safe, ride often, and I'll see everyone at the National Convention.

Cliff Barker
Department Riders Chairman

Americanism

How do we define Americanism? We the people define Americanism every day we live in America. How we define it is by how we live our lives and treat those close to us each day—the way we treat and respect all people in our communities and those wherever we go. America is a Nation/Country melted together by all Nationalities, of individuals who came to this new Country to live life in peace and FREEDOM of their own choosing, with respect and regard to those from other Nationalities, for all wanting to live under a FLAG giving them the opportunity to live THE AMERICAN DREAM. Today as back when America was founded and formed, we hear that same thought or idea from those immigrants, who come on Shark Tank to pitch their ideas/dreams, when asked why are you here? The answer is to make our lives better for those around us and to live The American Dream. Those words are said with emotion and absolute heartfelt expression of the true meaning of these words, to live THE AMERICAN DREAM

AMERICANISM: a fathomless love for principles that led our forefathers to form this Country.

James Kessler
Americanism Chairman



American Legion Department of Iowa hosts the USAF RAGBRAI Team, 177 riders, and 16 support

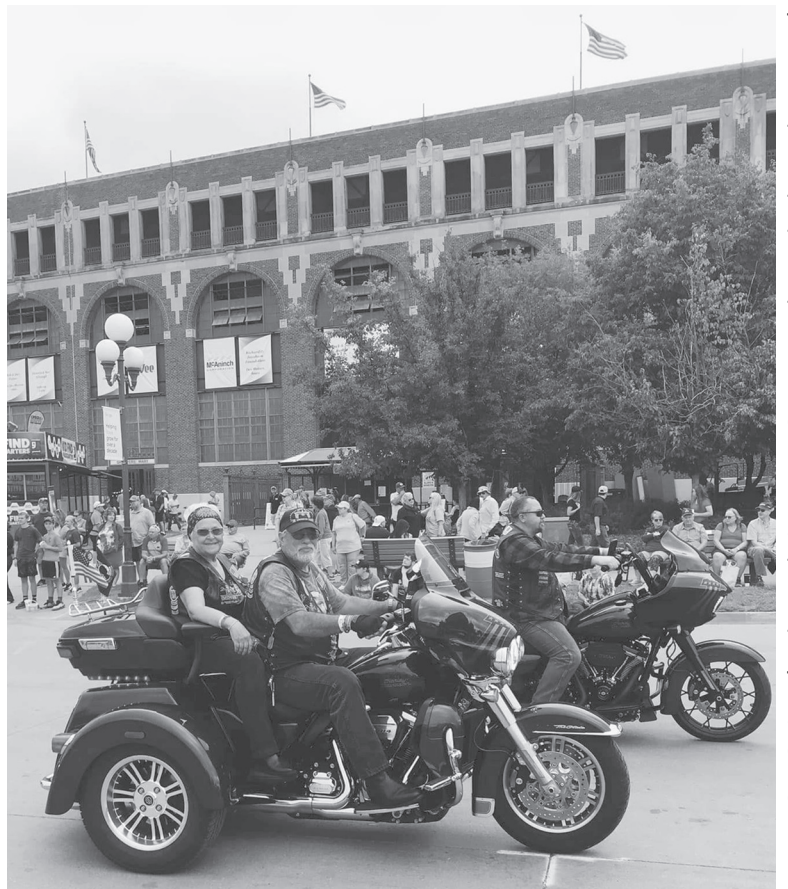
Commander Stanley Elliott
Adjutant John Derner
Membership Brian Ring Sr.
4th District Commander Cindy Brookins Yslas



Riders is using the Team Up calendar app. It's free to use, works on your phone or PC, and includes the Department Calendar. Search Team Up in your app store or go to teamup.com. You do not need to subscribe.

The link to view the calendar is <https://bit.ly/3BsDnfG>

The Legacy Scholarship Ride to Charlotte is just around the corner as I write this. The starting point is Kokomo Indiana with stops in MI, OH WV, and TN before we ride into VA for Convention. Indications are around 15 Riders from Iowa will take part and I encourage everyone to follow along on our American Legion



THE AMERICAN LEGION OF IOWA FOUNDATION

2023 Special Edition

We Continue to Serve in Peace, As We Served in War.

PAGE 7



We're inspired by the community of
veterans still serving in America

For over 50 years, the Legionnaire Insurance Trust has been
delivering peace of mind and financial support for veterans,
their families, and the Departments of The American Legion.

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Contact us for additional information on
The American Legion of Iowa Foundation

American Legion of Iowa Foundation

720 Lyon Street
Des Moines, IA 50309
(800) 365-8387
foundation@ialegion.org

www.ialegion.org/iafoundation



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THE AMERICAN LEGION OF IOWA FOUNDATION



How is the Foundation Grant Money Used?

Our article in this issue will be about two of the primary objectives of the Iowa American Legion Foundation, Veterans Affairs and Rehabilitation and Americanism/Children and Youth.

The picture to the left shows Director Bob Wenger presenting a check to Iowa Veterans Home Commandant Todd Jacobus. That check amount is \$8,000 and will be used to purchase several sets of breathing equipment for use by the residents of the Home.

That check is just one of the many totaling over \$111,000 that was approved during the May

annual meeting. The equipment purchased with that check will be used to improve the quality of life for many of our comrades. We hope you are proud that your donations are going to directly improve that quality of life. You made this possible.

The young sailor in the picture at the left is Lauren Otte. She was the 2022 Outstanding Citizen of Iowa Girls State. That recognition earned her a \$6,000 scholarship from the Foundation. She is using part of the scholarship to help with extra costs at the Naval Academy in Annapolis where she just finished Plebe Summer and will begin her four years of life and study at the Academy. Lauren is a graduate of Fort Madison High School and was sponsored to Girls State by the West Point Auxiliary Unit.

Lauren is an excellent example of the quality of young men and women that are selected to receive the Foundation's primary award, recognition as the Outstanding Citizen of their Boys and Girls State classes. The Outstanding Citizen Awards were the first two created when the Foundation was formed and remain the largest scholarships awarded. Many of them have gone on as Lauren is to serve in our Armed Forces, to have successful professional careers in many fields, and to continue to be Outstanding Citizens of the United States.

The Iowa American Legion Foundation is proud to continue the work that your donations make possible. The \$111,000 in grants that you made possible is helping Iowa veterans, Iowa youth, and Iowa organizations across the state. There is much that you have made possible.





AMERICAN LEGION AUXILIARY

DEPARTMENT OF IOWA

Auxiliary Communique



FALL 2023

SERVING VETERANS, THEIR FAMILIES AND THEIR COMMUNITIES

PAGE 9



Auxiliary President
Mary Sypherd

GREETINGS AMERICAN LEGION FAMILY

Hope everyone has had a wonderful summer so far.

I would like to give a huge THANK YOU to everyone who attended the summer convention.

By this article, we will have had a successful programs workshop filled with lots of fun and information. All the districts have had or are planning to have their district programs workshops, shared or will be sharing all the information presented by this year's committee chairs.

Commander Stan and I will have attended the Sydney Rodeo. This year marked the 100th Anniversary. We toured the Freemont County history center & Iowa championship rodeo museum with our wonderful host Rosie Hall. By the way, she says, "to tell everyone, hello and I am still around". We were treated to a delicious dinner at Whips. Then it was off to the Rodeo, the only Legion-owned rodeo. We watched bareback & saddle bronc riding, calf roping, mutton busting, steer roping and wrestling, barrels (my favorite), and the bulls. Had a spectacular show by the two county dusters drill team; 4 H kids ages 8-18 learning to work together on horseback performing a precision routine, wow. I would like to thank everyone for the hospitality, it was a wonderful night.

Next, we will have attended the Iowa State Fair to "Walk for Veterans". I am always amazed at the turnout of the All the Legion Family of Iowa who gathers together whether on foot, float, or in the Department vans, to show our respect to Veterans on Veterans' Day at the fair.

My theme this year is Hats off to Our Veterans; my focus is on veterans' rehabilitation & therapy activities, remembrance of Vietnam Veterans especially but honoring all veterans.

My projects this year will be:

Castaways: their mission is to encourage a rehabilitative and therapeutic fishing event for Veterans with life-changing disabilities. Their events offer veterans a chance to build camaraderie with fellow veterans in the beauty and serenity of the outdoors, all while being part of rehabilitative and recreational activities.

Miracles in Motion; MVECS Military Veterans Equine Care Squad. This program is designed with the Veteran in mind: created by and for veterans. Programming is focused on stress and anxiety reduction, building relationships, creating connections with fellow veterans, and enhancing each participant's confidence.

VVMF-Vietnam Veterans Memorial Fund; leads the way in honoring America's Vietnam veterans and

educating current generations about the impact of the Vietnam War and its era. In Memory is a way that VVMF can honor all Vietnam veterans on the national mall. The in-Memory program honors Vietnam veterans who came home and later died but are not eligible for inscription on The Wall under Department of Defense guidelines. They often suffered for many years from Agent Orange exposure and PTSD due to their service. Iowa has a Vietnam memorial in Des Moines at the capital; there is a ceremony held there in May.

And finally, to continue with the "Be the One" initiative.

I am looking forward to attending the fall conferences, but sadly because there are several on the same days, I will not make it to everyone. I am also looking forward to attending events at your units, districts, and events.

For God and Country;



Auxiliary Vice President
Verlinda Prior

Hello, I am Verlinda Prior your newly elected Vice President. I live in southeast Iowa, Columbus Junction, a small diverse community. I want to thank you for your confidence in me.

I am so excited to be part of President Mary's team this year as we kick off her programs at the leadership workshop, and to spread her mission of Hats off to our Veterans. As the year goes by, I can't wait to meet new friends and hug old ones. I hope to travel with President Mary this year and learn from her mentorship.

So, let us start this year with a big Marine Hoo Ra, and help each other with smiles, lots of smiles.

Once again thank you for your confidence in me as your Vice President as we go through this year of learning.



American Legion Family

Quilts of Valor

10th Anniversary Quilt Retreat

October 27-29, 2023

**The Quilted Steeple, 2605 90th Avenue
Lone Rock, IA**

Join us for a weekend of fun, fellowship, food, service to veterans, great food, and a stitchin' good time. Oh, and food. Lots of great food and good snacks! You will love the food. The Quilt of Valor Quilt Retreat will be held at The Quilted Steeple near Lone Rock, Iowa – a beautifully restored former church and parsonage. Learn about it at www.quiltedsteeple.com. Also, enjoy the fabric shop upstairs! Friday noon to Sunday noon we will be surrounded by the peace and tranquility of rural Iowa.

The fee for the retreat is \$160 which includes your spacious sewing area, lodging with five meals (Friday evening to Sunday morning), and beverages. There is an extra refrigerator in the retreat center for guests who want to bring other beverages, snacks, or other food. Day retreats for those living close by would be \$70 for the weekend and will include your spacious sewing area and meals. If you can only come for the day, the cost is \$40.

You need to bring your sewing machine, personal tools, favorite patterns, and your own fabric if you wish. Cutting tables, pressing tables, irons, and individual lighting at the tables is provided. Some fabric and patterns will be available due to the generosity of the American Legion Auxiliary members, or you can bring your own. Not a quilter? No problem. There is room for crafters too!

Send in your reservation today – spots will fill up quickly. The deadline to register is October 13, 2023. No refunds will be issued after the deadline date.

Quilts of Valor® Registration Form – October 27-29, 2023

Name: _____

Address: _____

City, State, Zip Code: _____

Home Phone: _____ Cell Phone: _____ E-Mail: _____

_____ \$160/weekend _____ \$70/weekend-no lodging _____ \$40/ one day Bonus day (Thursday) ___\$35

Comments: (Diet restrictions, mobility issues) _____

Send Registration form and fee to: QOV Retreat, American Legion Auxiliary, 720 Lyon Street, Des Moines, IA 50309. Questions? Contact Ann Rehbein - amrehbein@msn.com. Registration deadline is 10/13/2023. No refunds will be issued after deadline date.



1st District President Joyce Williams

This year's Department Convention was great ending with the installation of all the new officers. My first thought was "What did I get myself into!" I know I have lots to learn and to share with you. I'll do my best.

Sheldon and I have celebrated our 56th anniversary. We live on the family farm where we raised our 2 sons. We have 2 adults and 2-grade school-age grandchildren. No prospects for great children at this time.

My mother signed me up for membership 47 years ago.

I am eligible for membership in the American Legion Auxiliary by my grandfather George J. Frymire who died in England in 1918 during WWI. Also, my 2 brothers and my husband all served in and during the Vietnam War. Our family belongs to the Allen Wright Hanft Post and Unit 100, Columbus Junction. I have served as membership, treasurer, Girl State, and currently as President.

For my project, I am going to work toward purchasing a commercial recumbent exercise bike for the Iowa City VA acute inpatients mental health unit. This bike with an IFIT program would allow these patients to engage in various wellness activities and meet goals that they could not safely reach using an upright

stationary exercise bike or treadmill. Participants would benefit from increased strength and mobility, improved mood, increased mental functioning, and promoting engagement with others. It would further provide encouragement of ideas of things the veteran could continue to do for personal wellness once outside the hospital.

The bike costs around \$1400 and the IFIT program membership is \$400. Thanks to my home unit #100 for the first \$100 donation.

I'm looking forward to meeting new people and making new friends this year.

God bless our country and our veterans.



2nd District President Teresa Kramer

Greetings Ladies of the 2nd District. I hope you all had a nice summer. Just a little bit about myself. I have been a member of the American Legion Auxiliary since I was 12 years old. I was originally from the First District (Solon, IA) and after I got married and moved to Farley, I switched my membership to the Farley Unit

656 in Dubuque County. My husband, Wayne, and I have 4 sons and 4 grandchildren, with another one on the way. I am a member through my dad who served during the Korean War.

But enough about me. I've had the pleasure of visiting with some of you on the phone and I'm looking forward to seeing many of you at our District Fall Conference on October 7th in Davenport. Please ask your Unit officers for a copy of the registration form. It is necessary to pay in advance for the banquet. Reservations are due September 22nd.

As we start the new year, I hope that everyone is getting their 2024 dues paid. I'd like to challenge every Unit to go out and get at least one new member.

I'm looking forward to serving you as your 2nd District President. Please, always feel free to call me with any questions. If I don't know the answer, I will find the one who does!

Thank you again, for everything you do to help our veterans.

God Bless America



3rd District President Deb Miller

Hello Third District!

The 2023 Department Convention was a great time, our new Department and District Officers have been installed, and now it's

time to focus on those memberships! Remember the "3 R's" – Renew, Rejoin and Recruit. I challenge

everyone to make 1 contact about attending a meeting and/or activity or becoming a member! Let's put the 3rd District in 1st!! Memberships paid AND processed by the department by November 11th will be put into a drawing. More details to follow at your district and county Programs Workshop.

Waterloo, Post 138 will be hosting our 3rd District Fall Conference on October 21st. They are excited about this opportunity so hopefully many can make it. Please see the Clipper for more details.

I look forward to meeting and working with our district members! I'd love to attend your meetings, events, and county conferences if possible. My contact information is Deb Miller, 319-750-1106; alathirddistrict@ialegon.org.

Let's not forget the "Be The One" initiative, reach out and contact those who may need help and support.

Everyone have a happy and safe Labor Day. Hats off to our Veterans!!!



4th District President Dee Onken

Hello 4th District Family,

I'm proud to serve you for a second year as your District President. I want to thank ALL district members for making 2022-2023 a very

successful year for us! Great support by all units for

the Dept. Convention Jr. Camp Auction! Membership was awesome as you all worked really hard to have us end up at the top!!

I am a member of Osage Unit #278. I joined in honor of my husband, Bob, who served in the Army. We have two married children and six grandchildren. Our daughter and two granddaughters are Auxiliary members. Our son and four grandsons are SAL members.

Please mark your calendars for our 4th District Fall Conference in Elgin on Saturday, October 14th.

The Auxiliary will be meeting at the Elgin Lutheran Church, 405 Franklin St., and the Legion will meet at the Elgin Legion Post #352. The Auxiliary will be holding a Silent Auction event, so be thinking of a special item(s) to donate.

I look forward to working with you this year. Any questions, please contact me at alafourthdistric@ialegon.org. Thank you & God Bless you all.



5th District President Tammi Quinlan

Hello Fellow Auxiliary Members:

Allow me to introduce myself. My name is Tammi Quinlan, and I am the newly elected 5th District President.

I am a member of Deep River, Unit 296. I come from a long line of Veterans, from my Dad, Brothers, Brother-in-Law, Nephews, and Husband to mention a few.

I intend to keep the momentum going from our last District President, share the Auxiliary to get new members, and see our Organization grow.

I look forward to working alongside my Husband, Gary,

who is the newly elected 5th District Commander, and working with so many mentors in our District.

Our 5th District Fall Conference will be held on October 14, 2023, in Oskaloosa. I hope to see many join us.



6th District President Janet Tracy

Greetings from District 6! I am honored to serve as your new President and thankful for this privilege to serve our veterans. I am a 20-year member of Cumming Unit #562, having served as its President

since reactivating the Unit in 2004. I was eligible to join through my brother who served in the Navy from 1961-1964. As a child, I desperately wanted to become a junior member but was ineligible to join as a niece. Thankfully, though, I grew up experiencing

the Legion family through my mother's 60+ year membership (not sure she ever missed a meeting) in Keystone Unit 107.

Our members are anticipating a great year of working with our Dept President Mary, focusing on her theme of "Hats Off to our Veterans." We will be doing that by supporting her projects and some of our own such as my project of purchasing roll-up shuffleboard requested by the DM VAMC. We will also be providing personal encouragement for our veterans at our facilities and in our local communities by sending Birthday and Holiday cards, making visits & calls, providing requested items, and telling a Veteran thank you whenever we see one, all to brighten their

days, and let them know they are appreciated and not forgotten.

We all love our country and every single veteran, (as well as their family members), but to keep this awesome organization moving forward and growing for years to come, we all need to work together to grow our membership and make sure our members are actively volunteering their time and energy to serve our veterans. So here's the challenge for District 6 and the entire Dept of IA, let's get it done and see what a productive "Hats Off to our Veterans" 2023-24" year can accomplish!!!!



7th District President
Rhonda Russell

Hello! My name is Rhonda Russell, and I am from Bedford, IA. I am currently serving as Unit Secretary for my unit, #164. My husband of

35 years is Jeff, and we have 4 kids and 3 grandkids from this union. I am an Advanced EMT for CHI Health and have been at the clinic for 31 years. The Fall Conference is in Bedford this year on October 14th, and I hope to see you there. I serve in lots of other community activities and help a lot with our unit. My President project is the Fisher House, and I

am thinking of fun and exciting ways to bring some money toward that. I am excited to see what this year will bring. I look forward to meeting everyone!



8th District President
Phyllis Warren

Hello American Legion family. I'm Phyllis Warren and I am the newly elected 8th District President. I was honored to be nominated and elected to be the President of the 8th District again. I had the privilege of serving in this position in 2015-2017. I am eligible to be an Auxiliary member through my father and my husband. I belong to unit 239 in Gilmore City and have served as the treasurer and as unit President. I have

served on the District as Secretary and President. I am an RN and have been for many years. I am mostly retired but do work a few hours a week at the Gilmore City-Bradgate Elementary School as their nurse. My unit and I enjoy working with the children and helping promote patriotism and education. The children have learned a lot about flag etiquette, the Pledge of Allegiance, and the importance of acknowledging and honoring our veterans. Each year they prepare a Veterans Day Program with respect and enthusiasm. I serve on many of my church committees and try to help wherever I can in the community. I enjoy meeting people and volunteering my time.

My project this year is for an Epson Pro (Ex9240 3) projector for the day room in the Dack building at the Iowa Veterans Home. The Members of the 8th District will also be volunteering some time in direct service to the veterans in the home. The volunteer coordinator was glad to include us in some upcoming events.

The 8th district fall conference will be September 23, 2023, at the Iowa Central Community College Fort Dodge campus. Hotel reservations can be made at the Sleep Inn, across the road from the campus. We hope you can join us,

Hats off to our Veterans,



9th District President
Sandi Cox

Greetings American Legion Family: I am excited to be the 9th District American Legion Auxiliary President. I have been a member of Ashton Unit #290 for 31 years. I am eligible through my father, William Riecks, who was a

WWII Veteran. My father-in-law was a WWII Veteran too. My nephew served in the guard and was in Iraq. I grew up in Melvin. My husband Ross & I farm by Ashton. I recently retired from NW IA Farm Business Association as a bookkeeper and office manager. We have two sons who are married and I have 4 grandchildren. My projects are Sioux Falls VA hospital – hospice, Wishes for Hero's program and palliative care area;

Omaha hospital – items for the comfort and activity carts; Partners for Patriots – providing dogs for Veterans.

I have loved being part of the Auxiliary. I am really looking forward to getting to know more of you. We have great members and mentors in the 9th District & I know they will be supportive of me in the upcoming year.

Member of the Year

Member of the Year, members of Iowa, I received some great essays on the members of units across Iowa this year; 9 in fact. Not all from the 9 districts. I would love to be able to submit all of them for a member of the year but alas there can only be one. The submissions were for; Patty Herman unit #671 Swisher, Sherry Morgan unit #41 Keokuk, Janet Grass unit #6 Dubuque, Laura Wanken unit #681 Conrad, Sharla Fenel unit #605 Protivin, Jackie Peters unit #211 Woodward, Sharon Luellen unit #99 Melburn, Nancy Adams unit #164 Bedford and Patricia Flynn unit #140 Kingsley.

And the Iowa member of the year goes to Patricia Flynn, 9th district. Her essay has been sent on to National for consideration.

I would like to just add as a reminder; units who submitted a member of the year...Please! Recognize your member at the unit and district level. All members are welcome to attend the Department summer convention.

Congratulations to all, you are all true leaders.
2022/2023 Leadership chair, Mary Sypherd

Historian

Hello Legion Family! My name is Patti Rolf, Department Historian for Department President Mary Sypherd's upcoming year. I am a 22-year member of the Shenandoah Unit #88. I have held many positions in our unit and district. This year will be exciting and I would like to share everything you do as a unit, county, and district to make a great Historian Book for President Mary.

A few projects I would like to include this year are Photos of your own Legion Family (mom, dad, son, etc.). Be sure to include their name and which part of the Legion Family they are a member of. (Legion, ALA, Sons, Riders).

Do you have an ALA mentor? I would love a short story on why this person is your mentor and a picture of them. Be sure to send the story to this special person and to me.

Does your community know about the ALA and our projects and special members? Set up a display of your unit's activities in a storefront, your local library, or a museum, and educate the public on all the projects we do! Please post to social media and send this to me.

I will gladly accept your news clippings, photos, minutes, and anything you must share with me. Please remember to include the 5 W's, when sending in pictures. Who, what, when, where, and why!! Have you ever found old family photos and have no idea who the people in the picture are? Let us take the time and jot down the W's.

Please send me a friend request to your Facebook pages, it is always fun to see what everyone is doing.

My contact information is on my Plan of Action page so I will be looking for lots of news this year.

Membership Team

At the Department Leadership Workshop, I presented updated goals, designed and delivered marketing collateral material, and showcased a new Programs, Events, and Project (PDP) planning guide. The materials have been emailed to the district presidents prior to their District Leadership Workshops. A new design has been drafted for the www.iowaala.org/donate website to provide an electronic version of these materials and feature a member experience, a sponsor experience, and sponsor recognition.

The updated goals include:

- Create a member experience to promote membership growth.
- Achieve brand awareness across all audiences.
- Create a sponsorship experience to strengthen fundraising efforts.
- Maximize merchandising and sponsorship opportunities.
- Nurture corporate alliances and community partnerships.
- Cultivate donations for department, programs, events, camps, and conferences.
- Integrate marketing and public relations efforts at the department level.

The newly designed marketing collateral material includes:

- Sponsorship flyer
- Sponsorship opportunities brochure
- Ask letter
- Acknowledgement letter

For the member experience, members can identify and plan programs, events, and projects (PEP) that can benefit from donations and sponsorships.



By working together, we can use a planning framework to help plan together. This framework will be made available soon on www.iowaala.org/donate.

For the sponsorship experience, members can work with sponsors as follows:

- Sponsors can be identified by existing members, community events, chambers, schools, music, and sporting events.
- Patriotic holidays, National Day of Services, and holidays are perfect opportunities to reach out to sponsors.
- Planning and communication are important to ensure a positive sponsor experience.
- Think through your touchpoints with your sponsors.
- Keep a record of touchpoints, monetary donations, in-kind donations, and volunteer hours.
- Acknowledge past donations when asking for additional support.

Please continue your American Legion Auxiliary Academy experience by watching Unit Fundraising: Moving the Mission Forward by Engaging your Community at <https://member.legionaux.org/member/online-training>.



Chaplain's Corner

As we begin another year, let us "Be devoted to one another in brotherly love; give preference to one another in honor." What a wonderful bible verse, Romans 12:10, which Mary has picked. As we go about our lives, remember to treat each and every one we meet with that brotherly love. Show the brotherly love that we share in our hearts with more than our immediate family, as we are all one family under God. Brotherly love is abundant, and when it is shared, it just doubles. This brotherly love can be shared in so many ways.

Remember, prayers can be simple, and can be offered up at almost any time of the day. So as you go about your daily task, take the time to give praise for the blessing we have in our lives. Take the time to do a kind deed, and show the brotherly love we have inside of ourselves. It can be a simple phone call (Be the One), or thinking of those in need by making a donation to a great cause.

Remember our leaders in your prayers, both within our American Legion Family, along with our government leaders. Offer that prayer that they may guide us and make good decisions that are fair and bring peace and harmony to our nation. In closing, we ask for a special brotherly love on all our veterans, and military families. May God protect and guide them all, throughout the coming year. In his name, we pray, Amen.

Poppy Chair

Typo in the Bluebook, my correct city is Montezuma 50171. The national poppy day is May 24, 2024. Make sure to get those poppy distribution supplies ordered soon so they won't run out! National has Banners and flyers, emblem sales have button pins, stickers, patches, and coloring books. Google for some amazing coloring pages to hand out as well, for those eye-catching items to get those extra donations. Have you considered a memory paper to fill a wall for the special honor of those veterans. Check out the Plan of action for the Mid-winter contest. Looking forward to seeing everyone's amazing Craft work. The poppy corsage contest for Juniors is back! Juniors can use any form of a poppy flower. Looking forward to seeing all their creations as well! Make sure to stop by and see me during Mid-winter. Don't forget to include the Juniors in the poppy distribution process. The utilization of the poppy Proclamation and post to your news outlets helps get the word out when you will be out so people will be on the lookout for you!



Education

The Education program gives The American Legion Auxiliary the opportunity to provide quality education for children, especially those in military families, through activities and support within the schools and classrooms.

There are many ways to participate in this program, such as participating in Give 10 to Education, providing recognition to school staff during American Education Week, providing recognition for teachers during Teacher Appreciation Week, inviting veterans to schools to share their experiences, and promoting the scholarship opportunities both on department and national levels as much as possible. When applying for scholarships, please make sure you are following ALL requirements provided.

Please keep track of all activities relating to the Education program. All end-year reports are due to me by April 30th, 2024. I am looking forward to seeing what you do this next year to support the Education program. Today's youth are tomorrow's leaders. We need to make sure we provide as much guidance and knowledge to them as possible to make sure our veterans, military families, and organization are in good hands. Thank you!

Mikayla Wicker, Chairman, 1359 Sycamore Ave., Yale, Iowa 50277
| (515) 468-5217 | Kayla396@hotmail.com

Iowa American Legion Auxiliary Girls State

Girls State 2024 is knocking at the door. The time is now to consider sending a girl or more to the 78th session in June. Reminder any organization can help sponsor the attendee(s), but the American Legion Post or Auxiliary Unit must write the check to pay the fee of \$400.00, per attendee.

Select an attendee that is both mentally and physically able to withstand the strenuous week. Check the 2024 bluebook for specific criteria and guidelines for your choice.

Unit reservations will be using the Camp Wise program in 2024. Sign in with your user ID and password that you used in 2023, then go ahead as instructed. If your unit did not register last year, you will need to do it then you can continue. Do not let this process keep you from taking part in the Girls State program. This process is really only as hard as you make it.

Volunteer Staff including a nurse are in need, please fill out a staff application. Monetary donations for the field trip transportation, incidentals, and staff meals before Drake opens the dining hall for Girls State are handy.

The earlier fundraising efforts have helped the fee to remain the same. Watch for Mid-Winter Fundraiser details.

Contact a member of the Girls State Board with concerns. Information is in the 2024 bluebook.

On behalf of the Board- thank you for your past and continuing support of this premier program of the American Legion Auxiliary.

Veterans Affairs & Rehabilitation Committee

Pam Clark, Chairman

As we begin our year of service to our veterans and their families, one of the first events to happen across the state is the stand-downs held to provide homeless veterans as well as veterans in need with necessary supplies and health services. If you know of a Stand Down event taking place close to you, call the organizers and volunteer.

Following are the dates of the Stand Downs that I know about:

Des Moines –September 15-17, Omaha—November 17, Sioux Falls September 22. If any of you know dates for any other stand-downs across the state, please let me or Judy Ring know.

For Des Moines, Sandy Deacon is one of the organizers. For supplies they need "crew" length socks—both regular and extra-large. They also need sweatpants and sweatshirts in sizes large up to 3X. Sandy says they need volunteers on Friday, Sept. 15, from noon until 4 and also from 4-8, as well as all day on Saturday, Sept. 16. If you would like to volunteer or make donations of needed items, please contact Sandy by phone or email. Include your name, unit name, town, and phone and email address. Sandy's email address is sdeacon818@msn.com. This stand down serves 400-600 veterans so this is a great place to rack up some of those service-to-Veterans hours.

For the Omaha or Sioux Falls Stand downs, please contact the local VA hospital rep if you would like to help in any way. Jean Brown is our Omaha Auxiliary rep and Ann Crawford is our Sioux Falls rep, who also volunteers many hours at the Omaha VA. For all those giving volunteers, we offer our thanks and gratitude for the many untold things they do to help our veterans. Ann would greatly appreciate it if you will be bringing supplies for the stand down, that you let her know, and she will pick them up. She needs to know the value of the donations. She requests that you PLEASE DO NOT deliver the items to Sioux Falls yourself. Her contact information is in the Blue Book.

I would just like to thank all of the units for their continued support of our Veterans both at home and through our VA facilities. Without your donations and hours of volunteering, the programs offered through these facilities would be much diminished. So "hats off to all of you" for improving the lives of our Iowa veterans, and as always, "Hats off to our Veterans".

"Hats off to our Veterans"! Use this year's theme from our Department President Mary Sypherd to bring a fun or seasonal hat to each Unit meeting to collect money for the Auxiliary Emergency Fund. Be creative each month! You can have a Beach hat for September – "Sandy September" for the end of summer. For October, use a witch's hat for Halloween – you could even fill it with candy, and as members take a piece of candy, drop in a few dollars to help those in need. For November, have a Pilgrim's hat, or a blaze orange hunting cap to pass around. For December, a fun holiday hat, especially if you are having a holiday party! For January, a stocking hat, to keep up with the chilly weather. For February, your favorite NFL team hat to celebrate the Super Bowl, something red for Valentine's Day, or a red-white-blue hat for President's Day. For March, something green for St. Patrick's Day, or your best Leprechaun hat! For April, perhaps your favorite Easter bonnet? For May, a gardening hat, or something red/white/blue to remember Memorial Day. The possibilities are endless! You can always bring the hat of your favorite Veteran to align exactly with our theme for the year, and as you fill it with donations, everyone remembers our purpose of service and helping our fellow members in their time of need.

Remember the rule of 3-2-1: members who apply need to have their membership paid for the last three consecutive years. The grants this year have increased to \$3000. There are two types of grants for which you can apply: aid following a natural disaster, and aid in time of financial need (when all other avenues have been exhausted).

Members can only receive one grant every one calendar year (per 12 months).

I have also encouraged our members that if we are using the first of each month for our "Be the One" campaign to help prevent Veteran suicide, let us dedicate the second of each month to "take a second" to give to AEF.

If you donate \$100 or more to the AEF directly to National Headquarters, you are eligible to receive the gold pin. This pin will be mailed directly to you from our National office. These pins are mailed quarterly. You can also log on to the National website to donate – just be sure to choose AEF as the recipient of the donation.

A little about me, your new chairman – you may remember me as the Director of Iowa American Legion Auxiliary Girls State. I served in that position for the last 10 years, and on the Girls State Board since 2005. I have two adult sons, Wyatt (a research scientist in Boston), and Dakota (a jazz singer and middle school choir director in the Twin Cities). I grew up in west central Iowa, and have returned my membership there (Coon Rapids), after the Unit where I belonged disbanded. I lived in Fairfield for 20 years, but moved to Holmen, Wisconsin (outside of La Crosse) in 2019. It was a challenge to do all of the work required for the Girls State program while teaching middle school band and college music education courses and living 5 hours away, and I felt it best to have the leadership of our premier program to be someone living in Iowa. I look forward to serving our organization in a new position.



THE AMERICAN LEGION OF IOWA FOUNDATION



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| | | | |
|---|------------|---|------------|
| Legion | | | |
| American Legion of Iowa Boys State - Boys Nation | \$750.00 | Upper Iowa University | \$2,000.00 |
| American Legion of Iowa Boys State - Governor | \$500.00 | Wartburg College | \$2,000.00 |
| American Legion of Iowa Boys State - Keith Baker | \$500.00 | William Penn University | \$2,000.00 |
| American Legion of Iowa Boys State - | | VALOR, Inc. | \$1,250.00 |
| Outstanding Citizen | \$6,000.00 | Americanism, Children & Youth | |
| American Legion of Iowa Junior Shooting Sports | \$2,250.00 | BSA Cub Scout Pack 124 | \$500.00 |
| American Legion of Iowa Oratorical Committee | \$2,250.00 | Camp Courageous | \$2,500.00 |
| Iowa American Legion Scouting Committee | \$2,250.00 | Children & Families of Iowa | \$1,311.52 |
| American Legion of Iowa Baseball Committee | \$1,500.00 | Children's Cancer Connection | \$2,000.00 |
| Auxiliary | | ChildServe | \$2,000.00 |
| American Legion Auxiliary - Junior President | \$250.00 | Echo Valley Trap Team | \$1,000.00 |
| American Legion of Iowa Auxiliary Junior Camp | \$2,500.00 | Essex Child Center | \$1,500.00 |
| Iowa American Legion Auxiliary Girls State - Governor | \$500.00 | Everybody Wins! Iowa | \$1,500.00 |
| Iowa American Legion Auxiliary Girls State - | | Hawkeye Area Council, Boy Scouts of America | \$1,000.00 |
| Outstanding Citizen | \$6,000.00 | Heart Of Iowa Big Brothers Big Sisters | \$1,000.00 |
| Veterans Affairs & Rehabilitation | | Inspiration Hills Camp & Retreat Center | \$2,500.00 |
| Des Moines Homeless Veterans Stand Down | \$2,500.00 | Iowa Academic Decathlon Association | \$1,500.00 |
| Healing at English River Outfitters | \$1,600.00 | Marine Cadets of Iowa | \$1,500.00 |
| Iowa Veterans Home | \$8,000.00 | Waterloo East High School | \$500.00 |
| Clarke University | \$2,000.00 | Northeast Iowa Council, Boy Scouts of America | \$1,074.00 |
| Clinton Community College | | Odyssey of the Mind -- Iowa | \$1,000.00 |
| Paul B. Sharar Foundation | \$2,000.00 | Community Service | |
| Coe College | \$2,000.00 | German American Heritage Center and Museum | \$600.00 |
| Des Moines Area Community College Foundation | \$2,000.00 | Iowa Legal Aid | \$1,000.00 |
| Hawkeye Community College Foundation | \$2,000.00 | Iowa Military Veterans Band, Inc. | \$4,000.00 |
| Iowa Lakes Community College | \$2,000.00 | Life Skills Training Center, Inc | \$500.00 |
| Kirkwood Community College Foundation | \$2,000.00 | Link Associates (Link) | \$1,412.54 |
| Luther College | \$2,000.00 | Lutheran Services in Iowa | \$1,000.00 |
| Northeast Iowa Community College Foundation | \$2,000.00 | Mills County Public Health | \$2,150.00 |
| Northwest Iowa Community College | \$2,000.00 | Mosaic in Central Iowa | \$1,500.00 |
| Southeastern Community College Foundation | \$2,000.00 | RSVP of Jasper County (Sponsored by ISU | |
| University of Dubuque | \$2,000.00 | Extension & Outreach of Jasper County) | \$1,600.00 |
| University of Northern Iowa Foundation | \$2,000.00 | The Well Resource Center | \$2,000.00 |

TOTAL AWARDED: \$108,748.06

2023-2024 Foundation Board Members

David Rehbein, President & Emeritus
Leonard Ernst, Vice President
John Derner, Secretary & Treasurer
Randy Johnson, Past Dept. Commander
Harlan Yoder, 1st District
Leonard Ernst, 2nd District
Robert Wenger, 3rd District

Dennis Soppe, 4th District
Steven Dixon, 5th District
Steven Neal, 6th District
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Nicole Clapp, Emeritus Member

www.ialegion.org/iafoundation



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THE AMERICAN LEGION OF IOWA FOUNDATION



2021-2022 Iowa Foundation Donors

Individual Donors

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American Legion Posts & Districts

Post 37
Post 115
Post 396
Post 430
4th District
7th District
8th District
9th District

American Legion Auxiliary Units & Districts

Unit 37
Unit 357
Unit 534
Unit 562
Pocahontas County
9th District

Sons of The American Legion

SAL Detachment
Squadron #37
Squadron #241

Other Donors & Organizations

Legion Foundation Golf
Tournament

*Thank you
for your
thoughtful
generosity and
contributions
to the
Foundation!*



Levels of Recognition for Donors

The Eternal Flame Society allows for recognition of donors at multiple levels for their specific contributions. You will be recognized at each plateau as you achieve that level.

The Booster Program

Supporter - A donation between \$1,000 and \$1,999.

Sentinel - Donations between \$2,000 and \$2,999.

Sterling - Donations between \$3,000 and \$3,999.

Statesman - Donation between \$4,000 and \$4,999.

Sponsor - Donations between \$5,000 and \$9,999.

The Pinnacle Program

Guardian - A donation between \$10,000 and \$24,999.

Benefactor - Donations between \$25,000 and \$49,999.

Patron - Donations between \$50,000 and \$99,999.

The Philanthropic Society has been established to effectively recognize major donors who make contributions in excess of \$100,000.

Bronze Members - Donations between \$100,000 and \$249,999.

Silver Members - Donations between \$250,000 and \$499,999.

Gold Members - Donations in excess of \$500,000.

The Foundation would like to thank our many generous donors who make this a possibility!

Contributions to The American Legion of Iowa Foundation

Name(s): _____ Home or Business Phone: _____ Mobile Phone: _____

Address _____ City _____ State _____ Zip _____

Please credit (circle or more): The American Legion The Auxiliary SAL Individual District # _____

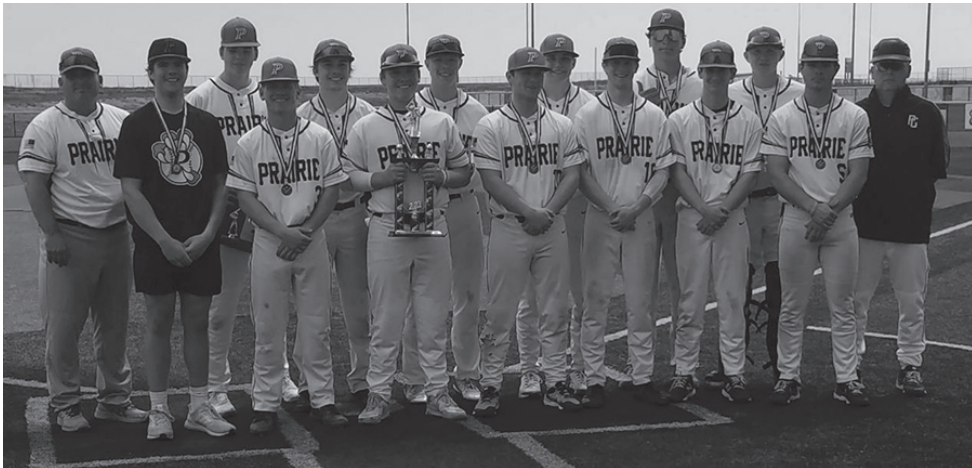
My Gift is in Honor of: _____ In Memory of: _____

Address _____ City _____ State _____ Zip _____

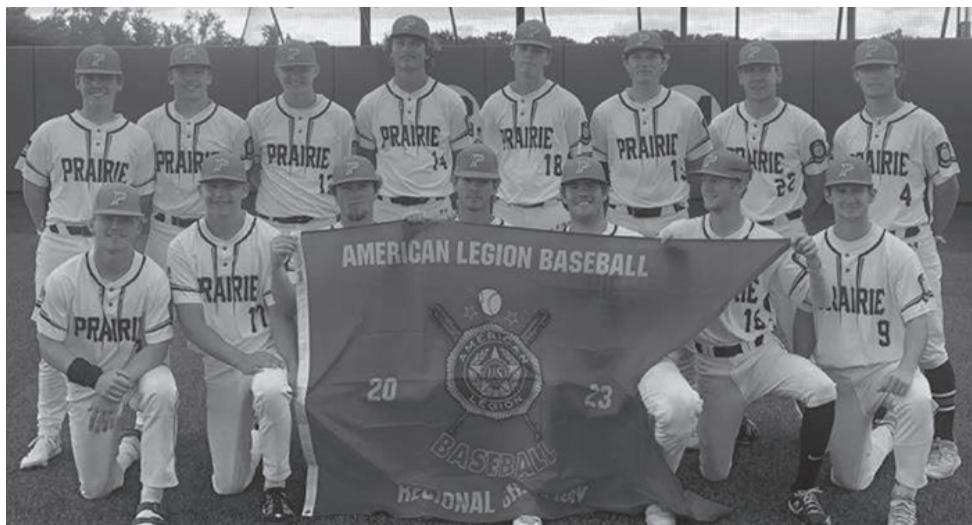
Please make check payable to: The American Legion of Iowa Foundation
Mail to: Iowa American Legion Foundation - 720 Lyon St. - Des Moines, Iowa 50309
Phone: (800) 365-8387

Gifts to The American Legion of Iowa Foundation are tax deductible to the full extent permitted by law.





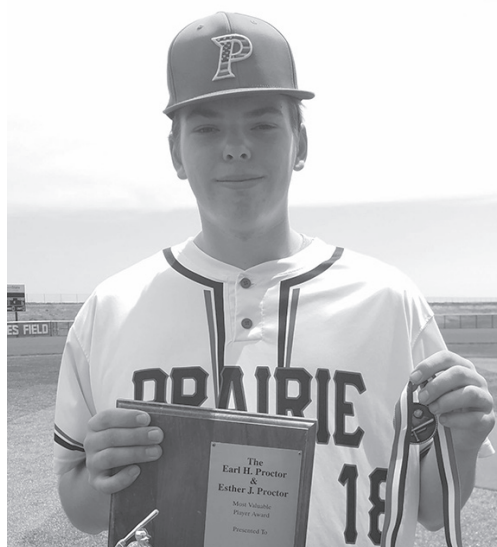
Prairie Legion Baseball from Swisher Post 671 was the Champion of the 2023 Baseball tournament.



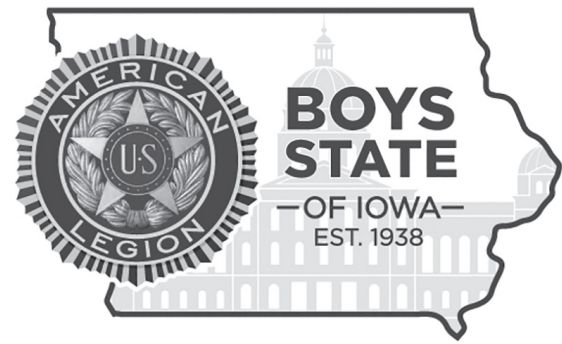
Prairie just won the Regional 2-1. Scored a run in the bottom of the 7th on a bases-loaded walk. They are heading to the World Series in Shelby, NC.



Dinner the night before the World Series kicks off. The young men did a fine job representing The American Legion of Iowa and their community 1ST Class all the way and a job well done!



Kameron Volz from Prairie was awarded the Earl H. Proctor & Esther J. Proctor MWP Award.



Boys State and Nation Wrap Up

The American Legion of Iowa Boys State completed its session at Camp Dodge. Boys State is proud of the delegates that participated and finished the session. While all delegates should be listed, Boys State would like to recognize the following individuals in their selections and offices:

- David Smith of Britt was selected as Boys State Governor.
- Joseph Semelroth of Cedar Rapids was selected as the Outstanding Citizen.
- Charles Moeller of Orange City was selected as Boys State Lt. Governor.
- Andrew Dong of Iowa City was selected to represent Iowa as Senator at Boys Nation.
- Param Sampat of Cedar Falls was selected to represent Iowa as Senator at Boys Nation.

Boys State looks forward to next year. To all the American Legion Post Adjutants, please be on the lookout for information regarding the 2024 session. Department Headquarters will begin to take post reservations for 2024

American Legion of Iowa Boys State Program soon. The dates next year have been set for Sunday, June 23 - Friday, June 28, 2024. Posts will need to make a post reservation online. Each Post Adjutant will receive information regarding the Post Reservation and Delegate Registration processes along with some changes. Please do not disregard this letter and information as it may delay your process. If your post does not have a computer, find someone who does and ask them to help.

As a reminder, Post Reservations have a flat fee of \$400 per delegate regardless of date. TIMETABLE AND DEADLINES



October 15, 2022 – Post Reservations open. A Post Chairman's Guide will be made available online to guide you through the candidate selection process.

January 15, 2023 – Online only Delegate Registration opens. Instructions for candidates to register were provided to posts via email after they completed their online Post Reservation. Samsung Scholarship Applications will be made available through the National website once available.

April 1, 2023 - Post Refund Request Deadline - Requests must be completed online at www.ialegion.org/refunds no later than this date.

April 1, 2023 - Delegate Registration Cut Off – This is the LAST day for candidates to register. No exceptions will be made for post or candidate negligence. March-May 2023 - District Orientations will take place (see Department website or your district's chairman for more details).



June 23-28, 2023 - The American Legion Boys State Program held at Camp Dodge in Johnston, Iowa.

Any further inquiries may be directed to your District Chairman who can be found online at www.ialegion.org/boysstate.

Thomas Plendl accepting the Legionnaire of the Year plaque from Commander Randy Johnson (R) and Wendy Riggie (M)



2023 Iowa Legionnaire of the Year

The Art McLaughlin Legionnaire of the Year award was presented to Thomas E. Plendl of Kingsley Iowa.

Tom is a 30-year Air Force retired Chief Master Sergeant (E-9). His inspiration comes from his parents, both World War II veterans. His father served as an Army Combat Medic who landed on Omaha Beach the day following D-Day and marched to Paris. His mother served as an Army nurse in England tending to wounded soldiers.

Patriotism and service run in his family. Both of his brothers are veterans of the Air Force. One sister is a Registered Nurse and another retired as a Nurse's Aide. His youngest daughter just retired from the Air National Guard as a Lieutenant Colonel.

The Art McLaughlin Legionnaire of the Year goes to those Legionnaires who demonstrate service as a "Blue Cap" within their posts and their community. Congratulations to Thomas Plendl and American Legion Nash Post #140 for this award. Thank you, Thomas, for exemplifying the spirit of Art McLaughlin and the American Legion.

2023 Educator of the Year

Pictured, Department Americanism Chairman James Kessler, Educator Leah Slick- Driscoll, Department American Legion Commander R.L. Johnson.

With great honor and pleasure, the Educator of the Year for 2023 was presented to Mrs. Leah Slick- Driscoll of The Meskwaki Settlement at the Department Convention. Mrs. Slick-Driscoll was nominated by Robert Morgan American Legion Post 701, Tama, Iowa. Mrs. Slick- Driscoll's passion for teaching the values of our flag and the selfless service that the Veterans gave in their service to their country certainly resonates in all her letters of recommendation. Congratulations and thanks for your dedication to the profession of educating our youth.



2023 State Championship

The American Legion of Iowa is proud to have Hope represent us at the National Championship Match in Colorado Springs.

Hope is a member of the JROTC, coached by Gunny Gettler in Des Moines.

We are also proud of the Legion's relationship with that organization. Gunny brings quality shooters to the Legion's State Championship Match each year.

Hope was the overall winner at that match this year and we want to offer our congratulations for her finish at the Nationals.

Gary Palas JSSP Chairman



2023-2024 Flag Essay Contest

The top three Fifth Grade Flag Essay Contest winners attended the Department Convention and read their essays and received their awards. Congratulations to them all.

1st Place (\$500) – Annabelle Brooks, Slater Legion Post #260, 6th District

2nd Place (\$300) – Amiah Suarez, Albia Legion Post #136, 5th District

3rd Place (\$200) – Madilyn Woods, Morning Sun Legion Post #113, 1st District

Statewide we had 100 posts submitted essays, out of them, there were 4,033 entries. We commend all the youth and posts for participating.

The Department C & Y 2023 awards were presented at the Department Convention. The Most Outstanding Overall winner was the Slater Post 260, and the Overall runner-up was the Blue Grass Post 711. Category 1 (Membership 15-99) Overall winner: Slater Post 260, Category 2 (membership 100-299) Overall winner Blue Grass Post 711, and Category 4 (Membership 500 plus) Overall winner Marion Post 298 (no entries in category 3 Membership 300 -499).



Rick Williams, Chair
C & Y Dept. of Iowa

General Information

The purpose of The American Legion of Iowa Essay Contest is to develop a deeper knowledge and appreciation for the United States Flag on the part of elementary-level students. Other objectives of the contest include the ability to gain knowledge of flag etiquette and respect for the flag.

Awards:

Each of the three Department finalists will be recognized in the same manner as other youth champions and the top three winners will be invited to read their winning essays at the Department Convention. First, Second, and Third Place winners will receive \$500, \$300, and \$200, respectively, from The American Legion of Iowa and the Iowa Foundation.

Contests:

Local contests will be conducted and judged by the local sponsoring Legion Post, and the winning essay, along with the certification form completed, will be forwarded as follows:

1. Individual Legion Posts will forward one winning entry (please retain a copy) to their District Children and Youth Chairperson, with a signed Participation Application, postmarked by January 5th of the current program year. If the 5th falls on a weekend, then postmarked by the next business day.
2. District entries will be judged by the respective District Children and Youth Chairperson, and sent to Department Headquarters, postmarked by January 22nd of the current program year. If the 22nd falls on a weekend, then postmarked by the next business day.
3. Department Children and Youth Committee will judge the nine District entries at Mid-Winter Conference, immediately following the Americanism meeting.

Essay:

The format for the essay is limited to the following: A one (1) page document containing 300 words or less, double-spaced, 12-point font, and the student's own words and effort. The essay is to reflect the student's perspective of what the United States Flag represents to them using facts from the United States Flag Code.

Eligibility:

Participants shall be citizens of or lawful permanent residents of the United States. All contestants must be students enrolled in the fifth grade in a public, parochial, military, private, or state-accredited home school.

For more information go to: www.ialegion.org/flag-essay.

**POST & SQUADRON
EVERLASTING
05/01/2023 – 07/31/2023**

COUNCIL BLUFFS #2

George F Kelley
Danny K Danielson
Larry L Diamond
OTTUMWA #3
Raymond E Barker
Paul Lane
Charles L Cremer
DUBUQUE #6
Earl Rettenmeier
Francis A Thoma
Thomas W Kline
James White
CARROLL #7
Don Drees
Wayne T Harmening
Stanley Henrich
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Leon A Tigges
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DENISON #8
John T Shields
PETERSON #10
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Dennis R Powers
Ron Rohrbaugh
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Karl M Citurs
ANAMOSA #13
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James A Davis Sr
IOWA CITY #17
Jack Coady
POCAHONTAS #18
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SPIRIT LAKE #23
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Charles H Jamison
Jack F Chatfield
Darell C Nesham
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Greg Dunbar
LAKE CITY #31
Dwight F Johnson
OSKALOOSA #34
Kevin G Sharp
Philip R McFadden
Steven L Swank
Phillip R Heberer
AMES #37
Curtis E Bauer
David A Block
Everett Freel
John Schomaker
Steven A Hagen
Merl R Core
Lee A Rasmussen
BELLE PLAINE #39
Robert J Moubry
William A Vileta
KEOKUK #41
James L Lemon
ANKENY #42
Clarence Stupka

David L Chilton
BAYARD #44
Paul F Sailer
MANCHESTER #45
Ralph L Kephart
MARSHALLTOWN #46
Lori C Miller
NEVADA #48
Kelly H Haws
Raymond L Kassel
Jan A Stoeffler
Wayne M Dulaney
BURLINGTON #52
William R Bence
Dale E Webb
Carroll A Williams
Charles H Pitzer
BOONE #56
John R Wilson Jr
VINTON #57
John T Gualtier
James F Merchant
Myron L Demmel
MT. PLEASANT #58
Larry P Meagher
STORY CITY #59
Charles D Matheason
SIOUX CITY #64
Donald L Comstock
TOLEDO #72
Donald L Havran
Patrick L Johnson
Phillip W Filloon
TAMA #73
Jess D Brown Jr
MAQUOKETA #75
Dale Eggers
Darrell W Reed
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Richard H Baker
PERRY #85
Clark A Dory
SHENANDOAH #88
Carroll G Carlson
Kenneth Debaere
Ronald P Fox
Merlyn A Rees
Marlin Tillman
Dennis Tillman
PELLA #89
Robert E Vander Linden
ALGONA #90
Thomas E Cogdall II
SALEM #94
Ronald F Shumaker
Charles R Wesely
James B Bailey
PAULLINA #95
Edmund Hedinger
COLUMBUS JCT. #100
Leslie B Everett
Ted Garrett
Jerry W Mapel
Edward L Peters
Fred W Utthe
William H Payne Alan Milder
Robert L Thomas
MASON CITY #101
Dennis Loeckle
PLEASANTVILLE #108
Lloyd L Brown
Rodney Bowers
HUMBOLDT #119
Arlee K Waring
Dale A Ferguson
Neal R Christensen
ONAWA #129
Robert Lesenyie
George E Carrier
FT. DODGE #130
Daryle E Steck
Dwayne C Wallukait
Willie Schmidt
MANILLA #132
Mark Finken
CRESCO #135
Roger W Wentworth
Francis J Hyke

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Patrick McHugh
VAN HORNE #148
Stephen C Schallau
Gary R Anderson
GILMAN #149
Frank S Patterson
HARLAN #150
Thomas M Ellis
SUTHERLAND #152
Hollis A Petersen
J Duane Schimmer
Renil J Vanoverbeke
Ronald Vlaming
Duane Jalas
BEDFORD #164
Gary Hawhee
INDIANOLA #165
Louis B Walk
Gary E Denniston
Frank V Jackson
SHELLSBURG #166
Kirk Tumilty
NEWHALL #167
Robert D Wild
KNOXVILLE #168
Kenneth E Six
BLAIRSTOWN #170
Wayne K Johnson
MT AYR #172
Phil H Franklin
AYRSHIRE #173
Kenneth Ricklefs
Darrel R Weishaar
Vendell C Rezabek
WINTERSET #184
Darwin Olson
AKRON #186
Wayne A Vonhagel
Raymond G Weenink
IA FALLS #188
Verle Beckman
Merle W Chaplin
Byron J Clark
George Dougan
CLINTON #190
Martin L Andresen
Ronald W Petersen
Robert M Jackson
Richard W Thomas
WEBSTER CITY #191
Bernard J Ermels
Keith N Hopkins
Dennis C Knapp Sr
NEWELL #193
Norman L Simons
MOTICELLO #209
Thomas E Brighton
Charles P Kelchen
Raymond H Rieniets
ANITA #210
Pat M Mailander
REMSEN #220
Joseph Kane
SUMMER #223
Clarence Strempeke
DUNLAP #224
Steve Nichols

HOLSTEIN #225
Verdean E Bremer
NORWAY #234
Vernon Pickerill
Larry L Sturtz
Kenneth Melhus
CEDAR FALLS #237
Thomas Huss
DEWITT #238
Donald G Hesse
Gaylord Rasmussen
Eugene L Beenk
Richard D Dunkin
Alan B Kaster
Norman H Boussetlot
GILMORE CITY #239
William F Dawson
Denzil H Wiemers
LEMARS #241
Verle D Allen
Evon Gralapp
Fred Haring Jr
Ralph Lambert
Brian C Majeres
William Reuter
Paul A Brauch
MEDIAPOLIS #243
Kerman L Copeland
ACKLEY #252
Wendell Wade
ALLISON #253
Paul Manifold
WYOMING #259
Lyle D Watters
WALL LAKE #262
Marvin R Rohde
Paul Bettin
MILO #263
Bernard Konrad
GREENFIELD #265
Darriel Tilk
Eugene Buckmiller
J Darell Biddle
CALMAR #266
La Vern L Kauffman
BELLEVUE #273
Marvin H Goetz
Allen E Kilburg
DES MOINES #274
Walter D Foley
Travis W Holden
PRAIRIE CITY #275
Elmer Blythe
Dennis A Tool
LAWLER #279
Alvin Johnson
Fred E Bohaty
Emmett J Meissen
NEW VIRGINA #281
Lyle Fast
CLARENCE #286
Raldo Horman
ASHTON #290
Bruce C Roelfs
PIERSON #291
Tracy Robinson
DEEP RIVER #296
Denny Schmidt
MARION #298
John Schupanitz
Kenneth D Demoss
Robert F Ebeling
William J Grundy Jr
Andrew L Kuehl
Buel R Harris
John E Powers
Michael D Marlin
Arlo W Meyer
Jim J Malake
Donald A Hamous
D V Perez
Dave Soden
Gerald R Groom
John C Botkin
MOVILLE #303
Ray Ruberg
Barry R Thomas
MECHANICSVILLE #309

Everette R Walshire
Robert Wethington
BRITT #315
Alan L Goranson
Kenneth Bird
RADCLIFFE #317
Joe Altman
KESWICK #319
William C Bender
Bobby D Hazen
DAYTON #323
Daryl Haub
OCHEYEDAN #326
Tony Glade
NEOLA #330
Phil J Herkenrath
LAMONT #346
William J Offerman
KELLOGG #355
Roger Rawlins
DUMONT #360
Ronald N Schulz
Lyle E Scroggin
MONROE #363
Stephen W Munson
Kenneth McGregor
DES MOINES #374
Paul Turner
CLERMONT #375
Richard J Barnes
WALKER #376
Lester G Rowe
Grant W McKee
LOST NATION #381
Karl C Dona
MILFORD #384
Robert F Eilers
Charles L Tielbur
Robert C Lathrop
Clayton H Schuett
Earl P Baish
Robert J Dickinson
GLIDDEN #386
Richard L Onken
ANTHON #389
Richard Pedersen
AURELIA #390
Carlton Schulke
CARLISLE #391
Clyde Petty
SHELLROCK #393
Arnold J Schwerts
SIOUX RAPIDS #394
Kenneth Dubois
Duane H Ludwig
Larry Steece
DIAGONAL #395
John E Rychnovsky
BONDURANT #396
Robert D Cory
Jerry L McCullough
Roy Bishop
VAN METER #403
Michael J Moroney
MURRAY #405
Paul F Johnson
OLIN #412
Kenneth L Zimmerman
LIVERMORE #415
Ronald P Zeimet
EDDYVILLE #418
Brian Chambers
Max P Ohms
CENTRAL CITY #421
Kenneth H Packingham
WHITTEMORE #425
Henry Bonnstetter
Donald W Kollasch
Merle C Laubenthal
LACONA #426
Wayne Schurman
WESLEY #428
Dennis Youngwirth
DURANT #430
Harlyn O Schult
Raymond L Hanson
Roy H Hagen
Richard L Koberg

Hubert L Webber
GOWRIE #431
C Dennis Johanson
TERRIL #432
Dale R Luehring
Leonard H Zitterich
Robert A Schacherer
NEW SHARON #446
Wayne R Haworth
CLUTTER #453
Andrew T Schlichting
SOLOM #460
Ervin E Knepp
Raymond A Novotny
ADEL #464
Harlan Chapman
DUNCOMBE #491
Charles Hisler
Richard McBride
BAXTER #493
Robert Schradle
MAPLETON #496
Leo R Dose
OSSIEN #503
Nilus P Imoehl
EDGEWOOD #512
Wayne Heuchelin
Duane W Sherman
Joseph C Kintzle
Alfred Pritchard
WEST BRANCH #514
Kenneth F Ketchum
DOWS #523
William R Kramer
CASCADE #528
John P Kane
Paul N Staner
Stephen Supple
OXFORD #537
Charles W Gartzke
CUMMING #562
Lester L Maudlin
Mark Burke
FAIRFAX #572
Richard J Divishek
Douglas W Smith
Jerry S Appleton
GRIMES #577
Eldon J Brown
WILTON #584
Roger L Waech
ELMA #597
Oliver J Gunderson
PRESTON #602
Robert J Reynolds
PROTIVIN #605
Kenneth Bruess
BREDA #607
Clarence Ziegmann
EARLING #615
Leo Hahn
KLEMME #625
Douglas Shoop
WADENA #631
Robert Lerch
FARLEY #656
Terence H Beresford
Marvin L Kramer
SGT BLUFF #662
Duane L Thompson
URBANDALE #663
Charles R Hoveland
Carroll D Edwards
Dean E Bowers
John Johnson
MILES #677
Danny Lawrence
ALTOONA #682
Marvin Griffin
ARCADIA #694
Alvin A Riesberg
SIOUX CITY #697
George A Pithan
BRIDGEWATER #703
Phillip E Kordick
BLUE GRASS #711
Gaillard D Krewer
Johnny W Wright Jr

Christoper J Heidgerken
NEVINVILLE #719
John H Downing
Robert L Vicker
John E Blazek
HARPERS FERRY #722
Kary L Werner
BRUNSVILLE #724
Norman Barker
TREYNOR #725
Roger C Elliot
CEDAR RAPIDS #727
Gerald T Sheriff
Leland F Parizek
M R Heck
WATERLOO #728
Leroy A Nylan
IOWA HQ #729
Charles L Saltou
Lewis Meyer
Arvan L Haase
William Schooler
Leo W Marquette
Russell P Pinegar
Donald Kahle
William R Jacobsen
Leo Johnson
Larry Gute
Mary Hall
Larry Jenison
Donald DeVore
Francis D Peterson
James Muller
Don Freeland
DES MOINES #731
Delmer Friend
WAUKEE #737
Roy F Milton Jr
MARSHALLTOWN #739
Peter Coffelt
William R Kramer
Richard Keiholts
NORTH LIBERTY #1976
Norman N Nelson
**SQUADRON EVERLASTING
WEST UNION #15**
Dennis Bond
Jay Barker
MUSCATINE #27
Ron E Noll
MARENGO #76
Charles W Gartzke
PALMER #202
Paul E Habben

Membership Corner

Welcome back to "Membership Corner!" By the time this is published, we'll be a couple of months into the membership year. Everyone will be settled in, many members will have already received a renewal notice, and Posts will be collecting dues and submitting them to get processed...all the fun things that happen at this time of year.

While most may have figured this out already, questions that Posts/Squadrons ask include: What do we do if we didn't receive a card for a member? Do new members receive a card from Department/National right away?

If the Post/Squadron didn't get a card, don't panic. If something like a transfer occurred after the card printing in April, National didn't know you needed the card, so it wasn't printed. The Post/Squadron can use a blank card, filling in all that member information. Another option is printing a card from MyLegion. While it isn't printed on the same paper (unless you have a contraption to print a traditional 3-part card), it is still a valid card.

And what about those new members? You can also use a blank card for them, or, once the payment is processed, you can print it online.

To end, here's a fall joke: Which pumpkins can swim the best? The coast gourd.

We'll see you around at all those upcoming conferences! Have a great fall!

Ann Haack
Membership Clerk



Iowa Legion Post 374 member is now State Chaplain for the Iowa National Guard

On 29 July 2023, Martha Kester, a chaplain with the Iowa National Guard, was promoted to Full Colonel during a ceremony at the church where she is also Rector, St. Luke's Episcopal Church in Des Moines. She received her promotion from Brigadier General Stephen Kremer, Iowa National Guard. Martha joined the Iowa National Guard in

2006 when she was called to serve as an assistant rector at St. Luke's, and she has served soldiers and parishioners ever since. She is the longest-serving Episcopal priest in the Des Moines metro.

CH (COL) Kester deployed to Bagram Air Base in Afghanistan for a year in 2010 where she experienced her "true sense of purpose" by traveling throughout that country, meeting soldiers, and providing them with prayer. She stated that "The whole model of the chaplaincy is to bring God to the soldiers and to bring soldiers to God."

Once she returned from deployment, CH (COL) Kester was called to be a full-time Rector at St. Luke's once the previous Rector retired. She went to the Nebraska National Guard in 2019, joining their upper leadership ranks before she returned to Iowa to serve as the State Chaplain this year.

CH (COL) Kester grew up in New Jersey, but she never thought about Iowa—hardly knew where it was—until she took on the assistant rector's job at St. Luke's. She has grown to love Iowa and its people. She recognizes that her position at the Iowa National Guard as the leader of the chaplain corps is historic, and it allows a more diverse range of perspectives on her new job. As can be imagined, being a full-time pastor of a church and leading the chaplain's corps for the Guard tests her organizational skills. The parishioners at St. Luke's and her command at the Iowa National Guard have confidence in her ability to take care of everyone, soldiers, and civilians alike.



CH (COL) Kester's American Legion Post 374 is located at 3712 2nd Ave in Des Moines; and St. Luke's Episcopal Church is at 3424 Forest Ave, also in Des Moines.

Oratorical 2023

It was an honor and privilege to introduce our Iowa 2023 Oratorical Champion, Tori Paga, to our members at this year's State Convention in Des Moines. Tori has done an outstanding job representing Iowa. She went on to the National Contest, where she made the semi-finals and was in the top 16 in the nation.

This is a very worthwhile program for our youth and each post, county, and district should be promoting this great program. It is open to any High School student and has great

potential for them to earn some amazing scholarships. The participation has been very low and I'm asking for your support this year to improve on that. Let's jump on it as school starts this year and promote it from the very beginning.

All it takes is someone who cares and is willing to go to the school and explain what a wonderful opportunity it is for students to promote themselves and learn some great information about our Constitution while having a chance at a \$25,000 scholarship. Put some posters up at the school with contact information and a brief explanation of the program. Ask for assistance from counselors, teachers, and even the administration. The more contacts you have in the school, the better chance of getting results.

I'm proud to be chairman of this committee and if you would like help in promoting this in your area, do not hesitate to give me a call. There are a bunch of outstanding students out there just waiting to show their potential. Let us be the ones to help make them shine! My email is bobwaugh89@gmail.com and my phone 641-919-0042. I'm looking forward to a very productive and successful year for the Oratorical Contest.

For God and Country
Bob Waugh Post 494
Dept. Oratorical Chairman



Membership Memos

We start our new 2024 membership year by hitting the ground running. Commander Stan Elliott said YES to using the Membership Incentive. Get your Membership paid early.

Department of Iowa Will be raising their dues by \$5. Dollars 1 January 2024.

2024 Commanders Membership Incentive

For the Membership year 2024, 8 Department of Iowa members' names will be drawn from a list of those who have paid their dues by 31 December 2023. There will be a \$250.00 monetary reward.

CRITERIA:

Have dues paid by 31 December 2023.

TO BE ELIGIBLE:

All active members pay in-person, PUFL, online, and new members.

How this will be handled: Dues Received by National, date- 31 December 2023

1. Dept. The membership list will be pulled on 5 January 2024
2. List broke down to 2023 paid.
3. Separate names and add them to a spin barrel.
4. 8 members' names will be drawn for \$250.00 each.
5. Letter of Congratulation/checks will be mailed by Membership, winning members will also receive a phone call so they will know the check is coming.

Use this incentive.

1. Renew your Annual Membership before \$5. dues increase.
2. RECRUIT new members.
3. ANNUAL members to become PUFL members.
4. Get unpaid/Lapsed members to RENEW.
5. Dept. Dues increase \$5., 1 January 2024

We Thank You for your Time, your Service, and what you do for the American Legion Family and your DEVOTION TO MUTAL HELPFULNESS

Brian D. Ring Sr.
Tim McLaughlin
Membership



The American Legion and The Iowa Speedway Post Race Report

This year's events at the Iowa Speedway were the best yet. We must thank the American Legion Riders of Iowa and Post 111 in Newton for their patience in escorting the Wall that Heals. The timing of the haulers changed several times the day leading up to the race weekend, but those folks were stellar.

Most of the changes to the booth were very well received and we had twice as much traffic as the previous year. Having the Veteran Service officer available was one of the critical changes. They were able to help several veterans with their questions.

Thank you to all the volunteers who helped; we appreciate the help and support. Being able to tell our story on how we help veterans was vital. New potential members were willing to listen and were very receptive to the possibility of joining. However, when we pushed them into joining, they we were immediately turned off and we potentially lost those members. We talked to several who had bad experiences with legion members in the past but were open to the idea that one experience should not impact their image of the American Legion.

Thank you to the national staff and commission chair for coming to Iowa and supporting our efforts. You

were able to answer several questions and help our membership understand the value of the IndyCar sponsorship.

The events at Post 111 in Newton had to change several times due to the IndyCar Series changes to the schedule. Alex Palou was able to meet veterans at the Wall that Heals and then to the post for questions and answers. The team could not make the post-visit as they had to stay on track for the Indy Lights race. The weather was much better this year as the temperatures were cooler. The Marketing Commission was able to establish new contacts with potential new donors. We have started to work on a couple of new events that should be awesome and make an impact on our mission. Alex Palou's fantastic finish was the best way to end the weekend!

