



THE AMERICAN LEGION
DEPARTMENT OF IOWA

IOWA LEGIONNAIRE



Auxiliary Communique

An Official Publication of The American Legion, Department of Iowa: December 2024

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



Greetings from your American Legion of Iowa Foundation President. It is my honor and pleasure to serve as your president. I was elected to this position at our last meeting in May of 2024. I serve with eight other foundation directors, one from each district. My name is Leonard Ernst from Legion Post 273, 2nd District, of Bellevue. Being a foundation director is the greatest position I have ever held. It is a very rewarding experience when delivering the grant checks to the selected recipients. I have been a Legionnaire for 54 years as well as a PUFL member.

We meet three times a year, once at each department convention and in May when we select the grant recipients for each year. The deadline for receiving grant applications is April 15th of each year. Be thinking now about who you would like to grant an award to in 2025. As we all know, time flies. All applications are to be filed online. We are listed on the Dept. website at www.ialegion.org. We award veteran education scholarships and grants to non-profits. In 2024 we granted approximately \$103,000. We currently have a balance of \$2,519,800.07 in our fund as of Sept. 30th, 2024. The fund is managed by Regions, a private investment firm.

I would like to thank all of our contributors for their generosity. Whether you are an individual, post, county, or district, we would appreciate your generosity.

My email address is leonardaernst@gmail.com. If you have any questions or concerns, please email me. You can also contact your local Foundation district director.

Leonard Ernst, President

Val Likens Service Officer Award www.ialegion.org/service-office

Valore (Val) Likens, distinguished himself as the Department Service Officer for many years. Upon news of his retirement in 1985, Iowa Veterans Home Deputy Director Al McNaughton, recommended an award be named after Likens, as a reminder of all the good that service officers do for the veterans of Iowa. The Department Executive Committee officially passed the motion in July 1986.

Val Likens Nomination Form for the Val Likens Award is available on the Department website at <https://www.ialegion.org/service-office/>.

Please return the completed application by January 30, in time for judging at Mid-Winter Conference.

Send nominations to:
Iowa American Legion Service Office
Federal Building, Room 561, 210 Walnut St.
Des Moines, IA 50309



IOWA heads to sea for Alpha Trials

SSN 797 near New London Ledge Lighthouse



SSN 797 near historic Pequot Lighthouse



IOWA Family, Friends and Supporters

We are one step closer to commissioning IOWA! On Monday, November 4th, IOWA got underway for Sea Trials approximately 8:15 local time. This underway period, IOWA's first, is known as Alpha Trials, and she returned to Groton on Thursday morning, November 7th. By all reports the Alpha Trials went well, with only minor issues to correct. IOWA got underway again on Friday morning, November 9th for Bravo Trials. This second set of trials is somewhat more extensive to continue to validate the work done by Electric Boat and its sub-contractors is complete and that the boat is ready for acceptance trials. IOWA returned back to Groton around November 14th and proceeded to SubBase New London for a couple of weeks to finish up preparations for acceptance trials, which will be conducted by the Navy's Board of Inspection and Survey (INSURV). Pending the evaluation by the INSURV, they will make the recommendation to the Secretary of the Navy to accept delivery of IOWA. From the information we have at this point, we believe the Navy will accept delivery of IOWA early to mid December. This will pave the way for an announcing the official Commissioning Date!

**Commissioning will be held
at SubBase New London
Groton, Connecticut and is
expected Spring of 2025.**

**It is anticipated the
Secretary of the Navy to set
the date of commissioning
by the first of the year.**



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Deadlines & Dates

December 6
Dept. Christmas Open House

December 14
Winter Boys State Meeting

December 24-26
Christmas Holiday
Dept. Offices Closed

December 28
3rd District Oratorical Contest
5th District Oratorical Contest
6th District Oratorical Contest

December 29
8th District Oratorical Contest

January 1
New Year's Day
Dept. Offices Closed
Baseball Team Registration Opens

January 4
2nd District Oratorical Contest

January 5
Flag Essay entries due to the District Chair
7th District Oratorical Contest
9th District Oratorical Contest

January 6
4th District Oratorical Contest

January 15
District Oratorical Contest Deadline
Spring District Conference Forms Due

January 20
Martin Luther King, Jr. Day
Dept. Offices Closed

January 22
Veterans Day at Iowa State Capitol
1007 E Grand Ave, Des Moines, IA 50319
Flag Essay District Finalists due to HQ

January 30
Val Likens Service Officer of the Year
Nominations Due

February 13-16
2024 Mid-Winter Conference
Airport Holiday Inn, Des Moines

February 15
Spring Legionnaire Articles are due

February 16
Dept. Oratorical Finals
Airport Holiday Inn, Des Moines

February 17
President's Day
Dept. Offices Closed

March 1
Eagle Scout & Adult Scouting
nominations due
JSSP Dept. Match Registration closes

March 8
Dept. JSSP Match
Camp Dodge- Miller Armory

March 15
American Legion Birthday 1919

March 17
St. Patrick's Day

March 17-21
Spring Membership Tour



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

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Department Commander
Brian D. Ring Sr.

Hello Department of Iowa Family

Judy and I Thank you for all the invites to visit you're Post functions. We have enjoyed the tours of your Post facilities and museums, hearing your stories on how the Post has grown and changed through the years. Please keep up the great work and invitation's coming.

Veterans Day has come and gone, I hope all had a good Day, did you speak to several Veterans and share stories? Let's commit to preserving the legacy of our veterans for future generations. We must ensure that the sacrifices made by our veterans are always remembered. This means supporting museums and memorials, but also encouraging veterans to share their stories and experiences with younger generations.

Let each of us ask ourselves:

How can I honor the legacy of our veterans in my daily life?

How can I be worthy of the freedoms they've protected?

How can I contribute to a nation that lives up to the ideals for which they fought?

The greatest tribute we can pay to our veterans is to be active, engaged citizens who work tirelessly to build a nation worthy of their sacrifice. A nation that not only talks about freedom and justice but lives these values every day. A nation that takes care of its own and stands as a beacon of hope to others.

Buddy Checks, Please reach out and check on your Buddies and Veterans. The Holiday season are a tuff time to be lone.

BE THE ONE

To reach out and say Hi, How are thing going?

To ask, How is your Day?

To listen, listen to what they have to say

The Auxiliary President Verlinda Prior has issued a challenge to the Legion and SAL.

"Socks", yes "Socks" she is asking for us to brings socks to Department. These "Socks" will be used for Veterans during VA stand downs around our great state of Iowa. The Legion at this time have a 1000 pairs, the Auxiliary have 3000 pairs in the President's office, SAL have another 300 pairs. If you want to help and donate "Socks", they ask for crew socks, white, black or grey in color.

Lets "Sock" to the Auxiliary and beat them in the challenge.

All, Judy and I wish you a quiet and peaceful Thanksgiving, and a Merry Christmas.



Department Adjutant
John A. Derner

The American Legion of Iowa offers two primary training events each year. They are the Mid-Winter Conference and the Department Leadership School. Both events are planned and

conducted by the Department Training Committee. The Department Leadership School targets those wanting to serve the organization at the district and department levels, and the Mid-Winter Conference provides training for all members and post leaders.

The Mid-Winter Conference will be held February 13-15, 205 at the Holiday Inn Des Moines Airport, 6111 Fleur Drive, in Des Moines, Iowa. For room reservations, call (515) 287-2400. For a complete schedule of events, visit <https://www.ialegion.org/midwinter/>. A schedule also appears in this issue of the Iowa Legionnaire.

Special guests this year include Sons of The American Legion National Vice Commander John Lawrence, American Legion Auxiliary Central Division National Vice President Rosemarie Hauck, Be The One Program Manager Tony Cross, Candidate for National Commander of The American Legion Jay Bowen, and The American Legion National Commander James LaCoursiere.

A **Programs Fair** will be conducted on Saturday morning with tables from our commissions and committees allowing you to speak one-on-one with the experts from our American Legion Family of Iowa programs.

Workshops will be conducted on the following topics:

- **Be The One Training** – The American Legion has made a commitment to address veteran suicide on a personal level. Two training sessions will be conducted at Mid-Winter to teach our members the QPR (Question. Persuade. Refer.) Institute's three steps to help prevent suicide.
- **Starting an American Legion Riders Chapter** – The ALR do an amazing job of raising money for projects and veterans in need. They have great camaraderie while doing something they love. If you are interested in forming a chapter, or joining an existing one, this is the session for you.
- **Filing a VA Claim** – The American Legion Department Service Office will walk you through the process of filing a claim for VA benefits, as well as the process for appeals.
- **Running a Commission or Committee** – Do you want to be more involved in making the decisions and running the programs of The American Legion of Iowa? This workshop will explain the structure and responsibilities of our Commissions and Committees and how they execute our programs.
- **Boys State – What is it?** – The American Legion of Iowa's Boys State program has evolved significantly in the past 5 years. We are working hard to grow our Boys State program, and to do that, our posts need to understand how Boys State has changed. Learn about the opportunity that Boys State provides to our next generation of leaders.
- **VA Death Benefits** – Learn how to make sure your loved ones receive all the benefits to which they are entitled upon your transfer to Post Everlasting.
- **Planned Giving Retirement Planning** – Join the growing number of members who name The American Legion of Iowa, or the local American Legion post, in their wills, trust, life insurance policy, estate, or retirement distributions. You have demonstrated your commitment to our programs through your involvement. Come learn how you can make a lasting contribution to our mission.
- **Flag Retirement Ceremony** – Learn how to conduct a dignified disposal of our Flag.

Cont. from page 1

- **How to Write a Resolution** – The policies, programs, and positions of our organization are established by resolutions. Learn how easy it can be to write a resolution and impact our organization.
- **Starting/Revitalizing a Sons of The American Legion Squadron** – Learn how a SAL squadron can become a force multiplier for your post.
- **Cyber Security** – Have you ever received a suspicious email? Received a Facebook invite from

an existing friend? Been contacted by someone claiming to be the IRS or your Medicare provider? Learn from an expert how to spot the scams and protect your identity.

- **Membership Recruiting** – Learn membership recruiting techniques from the posts having success in Iowa. Have the skills to recruit the next generation of leaders for your post.
- **Making your Post Attractive** – Learn what posts

are doing to make their posts more relevant in their communities and how they are attracting Legion members and members of their communities.

In addition to the great training, the Mid-Winter Conference provides a chance to meet and learn from your fellow Legionnaires from posts across Iowa. Don't let this chance pass you by to improve your knowledge of The American Legion and help advance your local post.



Department Service Officer Shane Pankonen

Home loan Grants Programs

The department of veteran's affairs has programs to assist in Home Loan Grant programs.

Specially Adaptive Housing (SAH) is a program to assist veterans and service members with qualifying service-connected disabilities. These programs can help you purchase, build, or adapt a home to meet the lifestyle needs of the veteran or service member.

This SAH grant can be used to make your home more adaptive for entering and exiting of your home accessibility throughout the veteran's home. Adaptations available are accessible to enter and exit the home, lower counter tops, lowering sinks, to make the bathroom completely wheelchair accessible, and widen doorways. The maximum amount available for this adaptation is \$121,812.00.

The veteran or service member must meet one or more of the following eligibility conditions:

1. Loss or use of both lower extremities.
2. Blindness in both eyes.
3. Severe injury from a burn.
4. Loss of use of both upper extremities at or above the elbows.

Another type of grant the veteran or service member may be eligible for is the Specially Housing Adaption Grant (SHA). This grant is used to increase access and mobility to accommodate his or her disability. This program helps assist the veteran. The maximum amount is \$24,405.

The veteran or service member must meet one or more of the following eligibility conditions:

1. Blindness in both eyes with 20/200 visual acuity.
2. Functional loss or loss of use of both hands, and extremities below the elbow.
3. Severe injury from a burn.

What is a Temporary residence Assistance (TRA) GRANT?

A temporary grant may be available to SAH/SHA eligible Veterans and Servicemembers who are or will be temporarily residing in a home owned by a family member. The maximum amount available to \$8760.00.

Home Improvements and Structural Alterations (HISA) Grant

Veterans and Servicemembers may receive assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities. A Veteran may receive a HISA grant in conjunction with either a SAH or SHA grant. The HISA program is available for both Veterans with service-connected disabilities and Veterans with non-service-connected disabilities.

Home improvement benefits up to \$6,800 to Veterans with service-connected disabilities.

Home improvement benefits up to \$2,000 to Veterans with non-service-connected disabilities.

VR&E Independent Living track

To receive this benefit, you must be service-connected disabled. You must have limited abilities to achieve activities of your daily living, such as bathing, dressing, accessing the community, and interacting with others, and you unable to return to work right away. You may qualify for independent living services through the Independent Living track. The maximum amount for this is \$117,759.

How to Apply for SAH or SHA

To seek Disable housing grants to apply by submitting VA form 26-4555 Specially Adaptive Housing /or Special Adaptive Grant submit this to the VA or visit www.benefits.va.gov/homeloans/adaptedhousing.asp.

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



National Executive Committeeman Dennis Soppe

Hello Iowa Legionnaires. I hope this finds you all in good health. It has been a busy time since the last article that was published.

I bring you greetings from our new National Commander James Jim LaCoursiere of Connecticut who was elected at our 105th National Convention in New Orleans. His theme for the year is BE THE ONE to help raise awareness of veteran suicide and how to prevent it. One of the ways and the easiest way is the Buddy Check. Please take a few moments and make that call to help anyone who may be having suicidal thoughts.

V.A. Secretary Dennis McDonough gave us a talk on how the VA is trying to correct the backlog and implementing new programs. It is hard to figure how they will get ahead of this when they have laid off hundreds of people and they've thrown more money at the VA to correct it.

While there I had a chance to visit World War 2 museum if you ever have a chance to go there, please take the time and visit and leave lots of time for visiting as it will take a good half a day to a day to see it all. If travelling by vehicle take the time to also visit Vicksburg the last great stronghold of the confederacy and see the Iowa memorial that is there it is impressive.

After returning from New Orleans, we had our fall meetings in Indianapolis in early October. We had approximately 56 resolutions of which we acted. Fifty

were approved and 6 were held for further study.

One of the resolutions had to do with concurrent receipt of military pay and veterans disability compensation for all military retirees. Basically, what this does is allow medically retired veterans with less than 20 years of service to be eligible for VA disability payments without having to give up some of their benefits. This has been discussed every year that I can remember, and we send it to Congress as they must change the rules. We also established a Be The One Wellness committee. Their job is to investigate TBI injuries, veteran suicide, and a system worth saving and to see if we're making any real progress on mental illnesses. The national commander will appoint 7 members to this committee.

That's all for now and I hope to see you at our district conferences.



Sons of The American Legion Detachment Commander Doug Honse

It has been a pretty good start to the year. I was able to attend 8th and 9th district conferences there was good turn out and conversation at both.

I hope to attend a few more in the spring in some different districts. We still have several membership packets down at department headquarters. Cards have been available for some time now and if they are

still at headquarters, it is due to lack of paperwork. It was voted on by the detachment body in July of 2023 that 4 documents must be turned into detachment. They are as follows: Officers report with the officer membership eligibility on the back side of the Officer's report due by September 15th; the Consolidated Squadron Report due by June 15th; and the Squadron Data Report due by April 15th. These reports are all available on www.ialeion.org on the Son's page under the forms tab. It appears that there is a lack of communication from detachment level to squadrons. I have heard on a few occasions that they had no idea about the documents needing to be turned in to get

cards. I'd like to change that but it will require input from the squadron level. Here is a question for the post commanders or post advisors. When was the last time you sat in on Sons meeting or checked to see if they need any help or if they are getting things done in order to be an effective squadron. If it has been awhile sit in on meeting ask questions on how they are doing and if they need help. I will put my personal contact information out for everyone to reach out if they need help. If you need help or if you want me to visit please don't hesitate to ask. Be The One and Be A Legacy Guardian. Cell Phone 712-460-2330 Email sal.rv321@gmail.com



1st District Commander Curtis Goudy

Dear Legionaries,

As we approach the holiday season, a time for reflection and gratitude, let us also remember the sacrifices made by those who have served

our nation. Your dedication and commitment to our country have made a lasting impact on our lives.

The American Legion provides a unique platform for veterans to connect, support, and serve their communities. Your involvement in various programs, from youth activities to veterans' benefits, demonstrates the true spirit of camaraderie and service.

In the coming year, let us strive to strengthen our Legion family and continue our mission of honoring veterans, advocating for their needs, and fostering patriotism. Together, we can make a difference.

Wishing you a joyous holiday season filled with peace, love, and prosperity.

For God and Country



2nd District Commander Richard Bries

Hello Once Again My Fellow Legionnaires!

Where did this summer go, and here we are, into fall already.

With that being said, the Fall Conference is behind us. I want to Thank Andrew Callahan and the members of Post 727 of Cedar Rapids, Iowa for holding our conference. Great Job Post 727. I also thank Marion Post 298 for hosting the social on Friday evening. It was good to see so many people at the social and 298 went all out with food and greetings, a great time was had by all. Dyersville

Post 137 has agreed to host the Spring Conference. "Thank You" Post 137 for offering to host the Spring Conference.

Congratulations to 2nd District Adjutant Polly Graham for being selected for Legion College this November!

At Fall Conference several awards were handed out. The first set of certificates was for having 90% renewal rate for Post Membership Retention. They went to Post 13 Anamosa, 297 Center Point, 412 Olin, 447 Wheatland, 466 Calamus, 473 Oxford Junction, 555 Ely, 639 Eldridge, 650 Epworth, 677 Miles. Congratulations and great job!

The second set of awards was a personalized letter, autographed picture, and a certificate from National Commander Seehafer to Commanders of Posts having 100% membership. These Posts are 26 David

Jones, 154 Russell Septer, 298 Robert Demastus, 331 Joseph Heyer, 466 Alan Lee, 473 Patrick Fowler, 548 Brain Mengler, 572 Jerry Greenfield, 650 Richard Bries, 674 Yon Abel. Congratulations Post Commanders and your members for attaining 100% in 2024.

Second District, as you can see from what our collective posts did for 2024 let's make 2025 even better. If every member would recruit just 1 new member, 2nd District would be awesome! Last year 2nd District was in first place by Veterans Day. Let's do it again.

PLEASE everyone that has not sent their 2025 DUES in yet, don't make your post membership person keep calling or tracking you down.

BE THE ONE

For God and Country



3rd District Commander Del Shepard

Hello everyone. It has been a very busy three months since the Summer Convention. We have added a Vice Commander from Waterloo. Please welcome Michael Hudson. I would like to thank

Post 176 in Waverly for hosting the 3rd District Fall Conference on October 19th. Commander Rich Miller welcomed the attendees to the meeting. Special

guests included John Derner, Department of Iowa Adjutant, Steve Sutton, Claims Representative from the Department of Iowa. It was a pleasure to also have Cliff Barker, Chair of the Iowa Legion Riders speak. Tim McLaughlin spoke about membership renewals and the need to get dues paid before the December 31st deadline to be eligible for the drawing for the \$250 award. Great information from each of the speakers.

Two resolutions were presented to the members from the Watson-Beach Post 523 in Dows. The first resolution proposes a change to the eligibility for the American Legion Boys State program to include sophomores in addition to juniors to attend. The

second resolution was to establish September 8th as the "Be The One" Day. This would designate September 8th every year as a national event to be held each year at either 8:00 a.m. or 8:00 p.m. (988) for a moment of silence.

This could be followed by a training session dedicated to suicide prevention under the banner of

"Be The One". Both resolutions were passed by the conference attendees and will be presented to the Department of Iowa Executive Committee for consideration.

Thank you. FOR GOD AND COUNTRY



4th District Commander Cindy Yslas

Having just recently held my Fall 4th District Conference, one thing quickly came to mind. How similar every Post thinks, feels, supports each other, has concerns about the longevity of their Post, wants

direction of where to go from here, wants assurance that what they are doing is making a difference and ultimately want to continue to help the Veterans and their families in the local communities. We truly are ALL IN THIS TOGETHER!

One of the best take-aways from every Conference (both Spring and Fall), is when the Department Leadership attends and brings with them valuable information to be passed on throughout all the posts within our area. As attendees at these meetings, we owe it to those posts (who were unable to attend) to get this valuable information to them as well.

Subsequently, those posts that sent a representative have an obligation to take this valuable information back to their posts and pass it on to all those members who were NOT able to attend. This information includes benefits, changes in policies, updates on Youth, Legislative, Social, Financial and Community programs that impact every member of the American Legion. Information that can save lives, that can change lives and that can impact more than just one person, but entire families and communities. The key to the success of this is COMMUNICATION; passing this valuable information on to others. Not only passing the information on, but then acting on it.

This is accomplished by contacting the agencies that can provide assistance and guidance when needed. Also, by submitting the required documents, reports and forms when they are required at Department level. Conducting the programs within our schools, our local areas and our Posts. Truly not just talking the talk...but walking the walk. To be successful, we MUST be a team of Action (to show your communities what the American Legion has to offer them),

Resilience (through the tough times when faced with decreasing membership numbers and frustrated members) and Determination (providing assistance to all veterans, their families and the community they serve).

Together we can be the voice, the action and the difference. We're given the information, the ideas, and the direction. When you return home after a Conference, don't just throw your notes in a drawer or toss the handouts you picked up in a pile at the next Post meeting. All we have to do is act on the information we receive, supporting each other along the way! The next Department Mid-Winter Conference is scheduled for February 13 - 16, 2025 in Des Moines, Holiday Inn Des Moines Airport/Conference Center. All are invited to attend, meet up with old friends, gather some great information and get motivated by like-minded people with similar missions...to make a difference and take care of Veterans and their families! Join us in February, you'll be glad you did!!



5th District Commander Gary J. Quinlan

Greetings from your 5th District Commander. The 5th Fall Conference was held at Post 111 Newton, Iowa. It was a nice turnout, but we could use more participation. Thank you, Newton,

for hosting. The DEC fall meeting was held on

November 2nd in Des Moines.

5th District is currently in 6th place in membership at 66.67%. Currently 1716 total members pay with a goal of 2574. Please, if you haven't done so, please pay as soon as possible. The Department of Iowa has an incentive program for anyone whose membership is up to date by December 31st. Their name will be placed in a drawing for a chance at winning \$250. Also, anyone who is up to date in the 5th District. The district will also put in an additional \$250 for a total of

\$500. On May 1st any post that has 100% will be put into a drawing for a chance at winning \$500.

Mid-Winter is February 13th through 16th. At the Airport Holiday-Inn and Convention Center. Hope to see you there.

With the holiday seasons approaching please look out for those veterans in your post or area that might be struggling and help if you can. Be the One.

For God and Country



6th District Commander
Don De Kock

As I begin this article, I think about what has all happened since the last article was written. As we are passing through the fall and soon will be headed towards our winter months, I have to ask the question what is happening at your Post? Are you just attending the Post meetings, are you attending the County meetings? Or are you saying the fall is just to busy of a time of year and I don't worry about even attending my Post's meetings. Fall is an important time of the year for many Veterans. For some the harvesting of their crops started back in September and they may or may not be done. As the harvest is winding down we hope you have had a safe harvest with no one being hurt or that you did not have any major breakdowns. Then I think about the Posts meetings that I have visited, the county meetings that I have attended and of course our Fall District Meetings. I am blessed as well as every District Commander who

is in the State of Iowa with some great Posts and it is always fun to attend their meetings and be part of some great conversations. I have also been able to attend fund raising events for a couple of Posts. I recently attended the Post Meeting at the Polk City Post. When the new membership guidelines came out the District leadership set a goal for this Post to gain three new members during this year. The Polk City Post ended last year with 131 members. This Post is already at 141 current members well pass the goal set for them. Congratulations to the Polk City Post, keep up the good work. During the Post meeting the Post Commander put a slide up on the screen about the activities coming up at the Post over the next three months. There were three columns one for each of the three upcoming months. All three columns were almost full of activities already set in place to done by the Post and the Legion Family attached to the Post. Again, I have to congratulate this Post and tell them to keep up the good work. I also attended the Minburn Post Fish Fry in October. I have to say the food was delicious. But they had a great problem, they ran out of food, because they had so many people in attendance. We still need to continue to look at ways to increase

our membership while the number of Veterans is decreasing. I know many of you have heard me and others say you have to ask them to join. Be prepared to have them sign up right then and there. I was recently at the Pleasantville Post's breakfast fund raiser on a Saturday morning. I saw a friend who I have known for several years but did not know he was a veteran. During our conversation talking about the American Legion, he said to me I used to belong to a Post in Des Moines, but I live here now and when I renewed my dues on line after skipping a couple of years they put me in this Post in Des Moines and I don't know where it is at. I said did you get placed in Post 729. His answer was yes. I had one of the members come over and advised him of needing to get this individual transferred down to their Post. My advice is to continue to talk about the American Legion, talk about your Post's activities. Then be prepared to ask them about joining and know how to get someone's membership transferred if necessary. Have a great holiday season. Remember to always keep the wind on your back, the salt spray in your face, and never forget whose hand is on the tiller of your life, guiding you through each day.



7th District Commander
Mitch Brahms

Hello fellow American Legion family members. My name is Mitch Brahms. I am the newly appointed Commander of the 7th district. It's with great appreciation and humility that I receive this appointment from former Commander, Terry Joynes. Due to health concerns, Terry had to resign his position and it is with great honor that I accepted. Our thoughts and prayers are with Terry and his family during this time.

I live in Cass county Iowa with my wife of 18 years, Abbie and our 3 boys. Zane,18 Nash,14 and Colt,10. As a family we enjoy camping, BBQ's, fishing and all things Hawkeye Football. I enjoy cooking on my blackstone and using my smoker whenever I can. I am currently employed with JDH Wagyu where I work as a cattleman and mechanic. I served 15 years in the United States Army. During that time I deployed to Kosovo for 2 tours and Iraq for 3 tours. I am currently a 9 year member of the American Legion. It has been my heart's desire to transfer my commitment and service to our country in another direction by serving in the American Legion.

So far in the early weeks of my appointment as 7th District Commander I have hit the ground running. In addition to attending Veterans Day ceremonies, I have been helping organize exposure and meet and greets with our National Vice Commander during his stop in our district on November 18th. I am looking forward to any missions that come my way. I am grateful and honored to take on this position and look forward to serving my fellow Legion family members as well as the public. I will always do my best to impart duty and commitment while helping this great organization continue to thrive.



8th District Commander
Tony Lile

I've been busy attending County American Legion meetings, and I want to thank Crawford, Carroll, and Kossuth counties for the chance to discuss Eighth District initiatives. My key message has been the importance of growing our American Legion membership. There are numerous opportunities at the County, District, and Department levels that I encourage everyone to explore. Many smaller Posts, like my home Post in Manilla, face challenges in attracting new members. Our Post plays a vital role in the community by hosting Memorial Day services, military honors, US Flag retirement

ceremonies, and providing scholarships. Over the past two years, we've awarded eight scholarships of \$1,000 each to graduating seniors. By staying active in our community, we've successfully attracted more members. Growing our membership is essential for amplifying our voice in advocating for veterans' benefits. If each of us recruits just one new member, we can significantly enhance our representation. Key upcoming contest dates: • Oratorical District Competition: Dec 29 at DMACC, Carroll (snow date: Jan 5) • Area Competition: Jan 12 at DMACC, Carroll (snow date: Jan 19) Prizes for the Eighth District are \$1,500 for first place, \$500 for second, and \$250 for third. First-place winners

will advance to further competitions. We're also holding a fifth-grade essay contest where students write about the meaning of the American Flag. Winning essays should be submitted to District Chairperson Ed Rohner by Jan 6, 2025. If you need the submission address, please let me know. Additionally, American Legion of Iowa Boys State selections are underway, so don't wait—start the process now. We aim for around 500 attendees this year, compared to 240 in 2024. The Mid-Winter Conference is coming up from February 13-16 at the Holiday Inn Airport in Des Moines. I encourage you to attend; there will be many valuable learning opportunities. I look forward to connecting with many of you in the Eighth District. Feel free to reach out at tlile@fmctc.com or 712-790-7929



9th District Commander
George Farrell

Hope all is well. I went to Clay County Fair for the awesome veteran's day program that they put together. Thanks for the Ashton post for your well-organized district conference. With the holidays coming up. Let's keep the service men and women who can't be home in our thoughts and prayers. If there are any posts that want to host a district conference for fall 2025 and spring 2026 let me know so we can get it going. For God and Country. George Farrell 9th District Commander

Mission statement To share with veterans and non-veterans on what The American Legion does for veterans, their family and communities. To promote all American Legion programs for the Department of Iowa and to find alternate sources of revenue to help fund the programs. Marketing is currently working with Victory 360 on a new Veterans sweepstakes that reaches outside of our membership. We are working to make the second annual Stars and Stripes spirit 5K even better. Mark your calendars for this event May 17 at 10 am. Scheels Flag exchange events are scheduled for Veterans Day at Jordon Creek and Coralville locations so please spread the word. Mid-Winter programs fair is Saturday February 15 at 8 am. This is your chance to see your program chairs and talk with our sponsors. **For God and Country, Darrin Alderson, Marketing Chair**

Educator of the Year www.ialegion.org/educator One of the goals of The American Legion has always been to work in cooperation with schools who assist veterans, their families, and local communities. Some educators have gone above the call of duty and promoted the aims and purposes of The American Legion of Iowa. Educators continue to instill in our children patriotism and respect for the flag. They continue to educate our youth about the sacrifices made by service men and women in defense of their freedom, as well as work with those students whose parent/s are serving this great nation. The Department of Iowa developed a state program for recognizing educators in Iowa. Nomination brochures are available on our website at www.ialegion.org/educator. Nominations must be approved by your district and received no later than April 1, 2025.



2024 Boys State Reminders June 22-27, 2025 @ Camp Dodge – Johnston, Ia

The American Legion of Iowa Boys State opened Post Reservations in October. If your post wishes to participate in the program, there is still time to request a reservation. This process only notifies Boys State of your post’s intention to send someone, it is not a Delegate/ Candidate Registration. Once your post completes a reservation, an email with instructions for delegates/candidates to register will be sent to the corresponding email in the form. Do not send names to headquarters as that is not a registration. Do not send checks to headquarters without filling out an online post reservation. Checks without an online reservation do not get processed and only hold up your post’s process. Delegate Registrations will open on January 15, 2025, and close on April 1, 2025. Be sure to follow up with your delegate throughout the process. Posts who do not fill their reservations may request a refund no later than April 1, 2024. Refund requests must be filled out online at: www.ialegion.org/refunds. District Orientations will be sent out with Delegate Registrations in January. If you have any questions, follow up with your District Chairman or Board Member.

Money Well Spent

I am Jim McLallen from the Highland Park American Legion Post 374 in Des Moines. I spend the fourth Monday of the month volunteering at the Legion Service Office in the Federal Building in Des Moines. Duties include answering the phone; taking messages for the service officers Shane Pankonen, Josey Pester and Steve Sutton; and greeting people who arrive at the door. There are several other volunteers from local Legion posts who do the same thing, allowing Shane, Josey and Steve to work on VA claims rather than answering the calls that come into the office.

The monthly summary of benefits that come to Iowa from the VA for August via the various veterans’ organizations was handed to me today, and the monthly benefits accounted for by your American Legion service officers is astounding. The total August benefit generated by these three service officers amounts to \$33,032,598.00. Year to date benefits (January-August, 2024) amount to \$366,240,023.00. You read that right. That’s over \$366 million dollars for the first 9 months of the current year that your Legion service office has generated in benefits to Iowa veterans.

Other organizations that work on behalf of veterans in their claims with the VA include:

AMVETS	Iowa Department of Veterans Affairs
Disabled American Veterans	Paralyzed Veterans of America
Veterans of Foreign Wars	Vietnam Veterans of America
National Association of County Veterans Service Offices	

The next closest organization, the DAV, in August generated \$12,945,826.00 with their YTD total of \$139,236,241.00. The VFW was next with an August total of \$7,822,657.00 with their YTD total of \$81,639,491.00. In fact, the combined benefit sum of all the other organizations listed above (\$326,566,456.00) is less than the amount generated by the three service officers from the American Legion.

The purpose of this article is not to denigrate other veterans’ organizations but to draw attention to the hard work that the three service officers listed above do on behalf of Iowa veterans. The American Legion provides the sole support for the Service Office through dues and donations. The service officers are making very efficient use of the funds. If you would like to contribute to their efforts, there is room for another service officer, but this requires additional funds. It is money well spent! And, by the way, if you would like to volunteer to further free up their time for case work, contact Jiim Fisher (fisher.james10@yahoo.com) to find a day of the month that can work for you. These guys work hard!

Greetings and salutations!

While one quarterly Post/Squadron statement has already gone out this fiscal year, the next one we’ll work on at the end of December/in January. Here’s some useful info about the statements.

Statements are typically mailed to the adjutant on file. The statement itself will show a negative balance for any credit the Post/Squadron has or a positive balance if the Post/Squadron owes money. There are a variety of terms on the statement, like PUFL for paid-up-for-life information or Online Renewal for either Post/Squadron or member online renewals. More information on the terminology is listed in the Membership Processing Manual.

We also send other paperwork with the statements. The extra paperwork will

Junior Shooting Sports www.ialegion.org/jssp

The Department of Iowa’s Junior Shoot Sports Program has gained a following since it was introduced. There is not any reason your post or club in your community cannot be involved with the program. The American Legion offers an affiliation program where posts can affiliate for free and receive information to participate in matches. Go to the American Legion’s Website: www.legion.org and look under Programs for Junior Shooting Sports. Affiliation information can also be found on the Department Website.

The Department will again have its 3-Position Air Rifle Match on March 8, 2025, at Camp Dodge. Teams or clubs willing to participate can contact Department Headquarters for more information on registering.

Shooters wishing to participate in Department Matches need to also register with the Civilian Marksmanship Program (CMP), which is free. Information can be found at www.thecmp.org.

Registration for the Department Match will be made available in January 2025 at www.ialegion.org/jssp. For more information email: programs@ialegion.org or call 800-365-8387. Space is limited.



Baseball

www.ialegion.org/baseball

Teams committed to play in the 2025 Season will need to have their coaches/managers attend the Mid-Winter meeting on Saturday, February 15, 2025. The meeting will be at the Airport Holiday Inn at 11:00 AM. Area and State Tournament details will be discussed at this meeting. If a member of your team cannot attend, please notify your District Chairman.

If you don’t have a District Chairman, contact the Department via email: programs@ialegion.org. All members of the Department Baseball Committee as well as coaches and managers are highly encouraged to attend.

- December 31** **The Post and Team needed to host the state tournament.**
- January 1** **Background checks & team registration for the new season are available.**
- January 31** **Teams interested in hosting an Area Tournament must notify the department.**
- February 15** **During Mid-Winter Conference – Baseball Committee meeting with coaches. Areas & Department Tournament will be determined at this meeting. 11 AM Airport Holiday Inn Des Moines Room.**
- February 28** **Registration fees due to National: <https://baseball.legion.org> (no exceptions/extensions).**
- April 1** **Player Identification Forms (Form 2) due to Department Headquarters (no exceptions/extensions). Team rosters are due through National’s site: <https://baseball.legion.org> Mandatory background checks and abuse training certification due.**
- April 5** **Rosters certified by the Baseball Committee**
- April 19 & 20** **Area Tournaments (TBD)**
- April 26 & 27** **State Tournament (TBD)**
- May 31** **Player Scholarship Forms are due to Department Headquarters. The winner will be named at the convention.**
- August** **Regional Tournament (TBD) & World Series (Shelby, NC)**

include the members processed for a timeframe. It will typically list members who have paid online, members that Posts/Squadrons have processed online, or members processed at the Department. For these lists, you’ll the information above the names will tell you more about the type of transmittal. At the upper left-hand corner of these extra pages, there is typically a date range, like 7/1/2024 to 7/31/2024, showing what month the payments were in.

If there are questions about the statements, please give us a call or send an email, and we’ll try to help you figure it out.

I hope you all have a good winter! And for all of our snowbirds, why do birds fly south for the winter? Because it’s too far to walk.

Ann Haack, Membership Clerk



WINTER 2024

AMERICAN LEGION AUXILIARY

DEPARTMENT OF IOWA

Auxiliary Communique

SERVING VETERANS, THEIR FAMILIES AND THEIR COMMUNITIES



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**2024-2025
Auxiliary President
Verlinda Prior**

By the time you read this, all fall conferences are over. What a wonderful way to meet people and learn what is going on across the state. My traveling partner has been Vice President Kim, and occasionally my husband. Many conversations have taken place in the van. We have had the honor to welcome and install the officers of a new unit and be part of their celebration. Way to go Altoona, and Eldora, we welcome you into the Legion Family.

I don't want to brag, but the Auxiliary sure knows how to answer the call of a challenge. We are whipping the Legion and the SAL with our sock challenge; my office is starting to look like an outlet mall for socks. Vice President Kim and I will count and organize the socks and give you a total to date. Check out the e-newsletter for that information.

I know Mental Health month is October but, in my opinion, it should be every month. Make those calls, BE THE ONE to ask those questions. Help wipe out the stigma of mental health problems. Treat it the same as any other health problem.

As I traveled across the state, I found one occurring problem. Membership is not just your chairs responsibility; it is up to all of us to help grow our organization. Please carry all applications with you for the Legion family. When you sign up a Legionnaire, ask about his wife, Mom, daughter, sister, so you can sign them up for the Auxiliary. Sign up his son as a SAL. Remember we are a family. We are a very strong organization, but we can be even stronger the more we work together.

Remember to smile, it may make someone's day a little brighter, I know it will yours.



Iowa American Legion Auxiliary Girls State: The time is NOW! Plans for the 2025 session are underway. Girls State dates: June 15-20, 2025, at Drake University, Des Moines. The deadline for your unit or post reserving citizen spots through the Camp Wise program is Dec 31st. Camp Wise is your friend. Don't get upset and give up- ask for help.

One of the Girls State Boards objectives for 2025 is to increase Girls State attendance and promote the Boys State attendance. Both premier programs will win in the long run as well as the young people of our state. Help the programs by sponsoring.



**2024-2025
Auxiliary Vice President
Kim Dixon**

Don't Forget to Nominate a Unit Member of the Year

UNIT MEMBER OF THE YEAR is given to recognize a member that has not held an office higher than the UNIT PRESIDENT and is a member in good standing.

Anyone in the unit can nominate that special member of your unit. All you need to do is write a 1,000 word (or less), narrative stating who you nominate and why you think they deserve the award. Then get it to your District President 2 weeks prior to their Spring Conference. District Presidents will then forward the winner they choose from their District to me so that I receive it before April 30, 2025.

All unit members will be recognized at the National Convention.

District Presidents please email your winners to me at kjdixon1964@gmail.com or mail them to me at:

Kim Dixon
2162 263rd Street
Oskaloosa, IA 52577

Helen Hildebrand, American Legion Auxiliary Historian

History was not my favorite class while in school. But now that I have lived through a few decades, I can see the importance of documenting our past to share with the next generation to come. So think about all the pictures you take, are you writing your story to go along with those pictures. They say a picture is worth a 1000 words, but if we don't write down the words to go with that picture the future generation will not know the who, what, where, and why the picture was taken.

I ask that you share with me you pictures of functions within your unit, county, district and department functions. If you did something in your community but didn't take pictures, then just give me a report on your activity. Remember to include details, so I can merge your activity with others into my timeline reporting of our department history.

We all know that we are constantly supporting our veterans. With Veteran's Day 2024 still on our mind,

The American Legion Auxiliary Girls State Board decided to continue the traditional "White Elephant" silent auction with a twist for the fundraiser during the Mid -Winter Conference. The auction will include three different categories: Donation of a "Themed Gift" of your choice by filling a basket or box with items such as edible foods, gift certificates or any related product, "White Elephant" including gently used or new merchandise or Bake Sale goods. We are asking for participation from individuals, units, counties, and districts.

The response in the past has helped to provide items



**2023-2024 Central Division
Americanism Chair
Mary Sypherd**

Hello American Legion Family
I hope everyone made it home safe and sound from National Convention.

I am proud to be this year's Central Division national Americanism chair. We are off to a great start, we have had a zoom conference with all the Department Americanism chairs and let me tell you they have a lot of ideas for promoting the Americanism program I can not wait for you all to hear about them. The Department is in great hands with Americanism chair Mary Andersen. She has done a fantastic job getting with Crystal to post things on the web page and face book. I encourage you to go on both those pages (and don't forget the national website) to get lots of information. Our focus is getting back into the school system to promote the Americanism essay, promoting the star-spangled kids kit, and of course this being an election year we can all do our part by getting out and vote.

With many hands we can Lead the way to promoting the Americanism Program this year.

Central Division National Americanism Chair,
Mary Sypherd

tell me how you celebrated with your local veterans. Did you provide them a meal; go to a school assembly with them. Maybe you had your juniors do cards, that were given to those in nursing homes or homebound. All these functions we do as members of the American Legion Auxiliary are part of our heritage and we need to document this. I am sure that many of the unit presidents write out their annual report of some kind, to send onto the next level. Take that report, add some pictures and dates when you did your fundraiser, or supported a community function. Remember to take the time and forward that report to me so I can write a report on "all" of the activities across our great state (department).

Therefore, with the support of each unit, county, and district, and fellow department officers, I ask for your support so I can create a detailed report of our history for 2024-2025 for the Department of Iowa American Legion Auxiliary.

**God Bless America and our veteran families.
Helen Hildebrand, Historian.**

as well as financial support from the American Legion Family toward the expenses of each session. Because of these donations, the cost of this once-in-a-lifetime experience has remained the same.

Thank you for your past and your continuing support of this premier program of the American Legion Auxiliary, the Iowa American Legion Auxiliary Girls State.

**Sharing of Service,
Bev Copple
Iowa American Legion Auxiliary
Girls State Director, 2024-2025**

**1st District President****Joyce Williams**

My 2nd year as District President has me still learning more as I go.

Our fall conference was held October 19th at the West Point Post #668 which is in the southern part of First district. The post is an older building that has been beautifully renovated. Our hosts and hostesses were the best. This is the first time to be in

this area for a long time. I did miss a few faces, but there were several new ones to get to know. The attendees were very respectful of the speakers. During time for questions, we had good questions and discussions. That's what it's all about. Thank you to all that took part in such a great day.

One highlight of the day was all the supplies that were brought to support our secretary/treasurer in her day job. Lily is the youngest teacher in Iowa. She teaches 17 kindergarteners at Keokuk Catholic school. She really appreciates all the supplies.

National's membership goal for this year is to add 5 new members to each unit. IT IS POSSIBLE! You have to ask before you can get an answer of YES.

I'm looking forward to Mid-Winter February 14-16th. It's always a fun weekend. Now I have to decide what to make to enter the poppy contest.

The First District Spring conference will be Marsh 29th in Marengo Post #76. Please plan to attend. I know there are people I have yet to meet.

For service not self.
God bless our Veterans

**2nd District President****Marlene Mertens**

Greetings from 2nd District!

Fall is my favorite time of year. Veterans Day events honoring those who have served, currently serving, and their families. We will always

be indebted to you for all that you have given to our country.

Thank you to all who attended our 2nd District Conference in Cedar Rapids and Moomey-Vogel Post 727 for hosting. It was great to have this time to share information and ask questions. 2nd District Spring

Conference will be hosted by Dyersville with a social on April 11th and conference on April 12th. Stay tuned for more details!

Colder months are ahead of us and I'm thinking of our homeless veterans. Thank you for the donations being sent in for my project, Veterans' Homeless Outreach. Funds and/or new clothing donations are supporting homeless veterans and their families in the Cedar Rapids and Davenport CRRCS working with the Iowa City VA Medical Center. Reach out to Linda Hendricks, 2nd District Treasurer or me, if you would like to donate funds and/or clothing.

Members are the lifeblood of our organization. There is still work to do on getting those membership

renewals! This is a busy time of year, a gentle reminder to send in their renewal may be all it takes. New member prospects? Don't be afraid to ask people if they are eligible or not. If they don't know, we can assist with finding that out.

Mission Training is January 25th in Des Moines. I hope to see many of you there.

Mid-Winter Conference is February 14th- 16th. Have you ever attended one? I have met many wonderful people. Best part, they are only a phone call away if I have a question. Remember those socks!

Wishing you a Merry Christmas and a Happy New Year!

**3rd District President****Stacy Bane**

Hello from 3rd District!

The fields are looking bare as harvest is ending... bring on the hot chocolate and s'more!

Out units and counties have been busy with membership drives, birthdays, fund raising and Veterans Day programs. We also have units and counties that participate in events at the Iowa Veterans Home.

They supply money for candy that is used in the 'tray favor cups', during the Benton County Ladies Social, each month. Plus, units decorate and provide the 'cups'. They also bring volunteers, and money to pay out during the popular, monthly, ALA B.I.N.G.O.

There was a good turnout of volunteers for the Halloween dance a few weeks ago, and a special thank you to Sandy and Mike Deacon for the great music and entertainment they provided!

My projects are: a Wheelchair Recline for the beauty/barbershop, and recovering three pool tables. They will both benefit the residents at the Iowa Veterans Home, in Marshalltown, Iowa.

If you donate to either of these projects, PLEASE make sure you send the donation to LaDonna Jorge's, 3rd Dist. treasurer... not Department!

Thanks to all who attended the 3rd District Conference. Our district had some issues to resolve, and we did accomplish that. A special thank you to President Verlinda and the other Department guests who attended.

PLEASE, get those dues turned in!! DON'T hold them! Let's move our membership spot from 6th to 1st!!

Have a wonderful holiday season!

**4th District President****Susan Franzen**

Fall has flown quickly by, traveling, and meeting so many officers and members at their County Meetings. There is so much happening in our Units and they are accomplishing so much for the ALA and its mission.

Our Fall Conference at Fairbank was packed with so much information from our guests, committee chairs and members and shopping to boot at the Silent

Auction! It was a great, enjoyable day! Thanks to the Fairbank Post #552 and Auxiliary Unit #552 for the space, the meal and door prizes! Thank you to all who attended and made it successful.

Congratulations to those Units who have been sending membership in as they receive it! Great job! If you can help your Chairman with this, please reach out and give that supportive, helpful hand. The 4th District can move up if we all work together to reach this goal!

Strive for 5 is a great goal and helps to inspire us to invite and welcome new members. ALA does so much and we need to get the word out so people know who

we are, what we do, why we do it and that we have fun doing it!

Mission Day is January 25th in Des Moines this year. Take advantage of it being available so close to home. You can register online. Grab a car full of members and make a day of it!

Mid-Winter is Feb. 13-16 in Des Moines at the Airport Holiday Inn. There will be information and a Silent Auction benefiting Girls State. Items can be a themed basket, gently used items and baked goods.

Keep warm this Winter and enjoy the Holidays!

**5th District President****Tammi Quinlan**

Happy Fall everyone! We have been busy since my last article. I had my Programs Workshop, which was great, and our 5th District Conference. We had a good turnout at the Conference, I was hoping that

all Units would be represented at the Conference. That did not happen, but I was pleased with the turn out. Newton did a wonderful job hosting! My home Unit in Deep River had a fundraiser for our project. They had a harvest luncheon and had a great turnout. Deep River Unit 296 presented a check to me at the District Conference in the amount of \$2000 to go toward the project. As I said at the Conference, if little ole Deep River can raise that kind of money having a fundraiser,

many more can as well. The local newspapers were in attendance and a great article was written about our project. Because of that, the word is out, and we have received surprise donations from several people. I appointed a fundraising committee at the District Conference so be ready to hear from them! I hope all Units honored their Veterans on Veterans Day! I hope everyone has a great Holiday Season spent with family. As always, if you have any questions or concerns, please feel free to reach out to me.

Legislation

The election season has ended, and I trust all of you voted; it's so important to exercise that privilege and responsibility. Now that your members of Congress have stepped back from the pressures of the campaign season and have more time to address the issues facing our nation (and our veterans in particular), it's more important than ever to keep in touch with them. The American Legion's Grassroots

Action Center is a useful tool that can help make communication easier.

I know many units out there did something to support the Legislation program during the election season, such as holding "Meet the Candidate" forums, providing rides to voters or volunteering as a precinct worker; I want to hear from you! A quick email with details and even a couple of pictures would be great, my email address is in the Programs Action Plan and the Blue Book. I'd love to have lots of input from the

Iowa units for my reports, so please email me while it's still fresh in your mind.

End-of-year narratives are due to me by April 30th, and I hope to hear from many of you. I prefer email, and it doesn't have to be fancy, it's more important to share a quick note than to send nothing. Pictures are good, too.

This election year has been tense, so remember and exemplify President Verlinda's goal for this year to BE NICE to all your American Legion Family members!



6th District President Jamie Barker

Happy Fall! Thank you to all that could attend our 6th District Conference. It is important to gather and have a chance to talk to each other and gain ideas from each other. The business meeting is essential, but it is the conversations before and afterwards that are so valuable. At the beginning of

October, we welcomed a new unit into our District. Welcome to Altoona, Unit 682! I was also able to attend the 3rd District Conference and that was great to see how others put their conference together. There is no right and wrong, but again, it is ideas that help us support one another. I've seen some units holding Trunk or Treats, Downtown Trick or Treats and other festive community outreach programs. Keep sharing those ideas and working on membership too. Our organization needs members to continue to support our veterans, children and youth and communities.

As we turn to our darker days of fall/winter, please remember to be careful and to maybe make a phone call to another member that you haven't seen in a while. As President Verlinda reminds us, be kind, care about each other, and smile. Let's remember who we are and why we do what we do. Lastly, I'd like to remind you about mission training coming up. Information and registration here: <https://www.legion-aux.org/Meetings/Mission-Training>. In service, Jamie Barker, alasixthdistrict@ialegion.org



7th District President Rhonda Russell

Hey everyone!!! We survived fall conference in Avoca... the unit there was very helpful in making it a

success. They have a hard working unit that obviously works well together. Word around town is that we are heading to Sidney for the spring conference. I will be heading to Audubon next week for their meeting. Please consider attending Mid-winter in February. It would be great to have a large group from District

7. Please feel free to contact me if you have any questions!!! Rhonda



8th District President Phyllis Warren

Hello 8th District American Legion Family. I hope everyone has had a safe and productive fall and successful conferences. The 8th District had a fun and informative fall Conference in Webster City

September 28th. Webster City post and unit 191 were very good hosts and made us very welcome. We look forward to possibly meeting there again. We enjoyed hearing from Department President Verlinda and the other Department people who were able to join us that day. We gained valuable information from all of them and are excited to use some of the ideas presented and to be able to share them with other

units and members. 8th District Spring conference will be in Livermore on March 29, 2025.

I have been able to attend some county meetings, and I have enjoyed the fellowship and hearing of the many projects and programs the Posts and Units are planning, I was glad to be able to take some Information and ideas from our District conference to share. Eighth District has a lot of creative, resourceful Legion family members.

Harnett Johnson post and unit 239 took part in an inspiring Veterans Day program presented by the students at the Gilmore City Bradgate Elementary school on Veterans Day. We are very proud of the students and staff for embracing Patriotism, learning the Pledge of Allegiance, Flag etiquette and showing respect and honoring all Veterans. We enjoy seeing

our Americanism Programs at work. Two Quilts of Valor were presented during the program again this year. The students enjoy hearing the story of the quilts and about our veterans' time in the military. Jan Neel a member of the Gilmore City American Legion Auxiliary was recognized for her many hours of service. Jan has pieced twenty-seven quilt tops and completed the quilts for presentation. Several of the quilts that have been presented to past recipients were displayed for everyone to admire.

Units remember to send all membership renewals to the Department as soon as you receive them. All renewals must be received by December 31st for members to be eligible for continuous years of service.

I wish everyone a safe and Blessed holiday season.



9th District President Linda Lux

Greetings from the 9th District Auxiliary! My year as President is in full swing! I have been traveling to county meetings and some unit meetings. Visited Orange City for the Sioux county meeting. The

Sheldon unit welcomed me to their 1st meeting at which I helped them package socks and t-shirts that were given to the Sioux Falls VA Stand Down. I also received several packages of socks that I gathered for Department President Verlinda's sock challenge. I enjoyed a delicious waffle dinner in Boyden, where I received more socks! Cherokee county invited me

to Aurelia for their potluck (yum) and meeting. Each unit gave their yearly report and I was truly amazed at how much each unit contributes to their communities and their schools. I went home with more socks! Plymouth county invited me to LeMars, again each unit reporting their activities. I was given a sack of grocery items for our conference raffle. Drove south to Moorehead (whew!) for the Monona county meeting. Again I was impressed with their unit reports. Osceola invited me to Melvin for their county meeting, they had more socks collected that would be brought to the fall conference. My unit in Alton placed a box at the Public Library to collect socks. I picked up several packages before the conference. On Oct 5th, Ashton post and unit hosted the 9th District Fall conference. Thanks to the Legion and Auxiliary conference chairs

and Ashton post and unit it was a success! Department President Verlinda Prior attended, and as one of her projects is Quilts of Valor, a quilt was presented to Cliff Ripke of Hartley. Membership reported 9th was in first place for memberships turned in. Several 9th District members attended Past President Parley in Ashton. A delicious brunch was served, Chaplain Karen Johnson presented a "Button" reading, and all had a lesson in Poppy making. Orange City post and unit invited Alton post and unit to attend their Veterans Dinner. Enjoyed a catered dinner, local 4-H kids handed out hand made thank you's to all veterans. I still have several events to attend and look forward to meeting my district members. I encourage all units to get their memberships paid. Shout out to Moorehead, they are at 128% AWESOME.

Community Service.... *its what we do.*

The purpose of Community Service is to promote the ALA's commitment to making our communities better places to live by supporting and engaging with local service projects. Community Service has been a major outreach program since 1926 with emphasis to support the work of the American Legion posts and other organizations by assisting with blood drives, first aid and CPR training, child safety programs, support for women in shelters, and disaster and emergency preparedness programs.

Days of observance associated with Community Service include the American Legion Family Day to be observed annually on the last Saturday in April which will be April 26, 2025 this year. Work with your Legion Family to open your doors to the Community. Bring awareness to the Legion's "Be The One" initiative to support access and reduce the stigma around mental health services. Prepare a meal with a free will offering so you can socialize with the community.

Other days to observe involving the community are Martin Luther King Jr Day of Service on January 20, 2025, where you encourage people to serve veterans and National Night Out on August 12, 2025 which promotes police-community

partnerships. Also 9/11 National Day of Service encourages ALA members to make an official pledge of serve.

There is currently a challenge between Dept Commander Brian, Dept President Verlinda, and Dept Detachment Commander Doug to collect new crew and tube socks for the benefit of Homeless Veterans in Iowa. Work with your community to make them aware of this project and encourage them to help you collect socks. Ask your local banks, community centers, or convenience stores if you can put a sign explaining the challenge and a large box to collect socks from your community. This is a perfect example of Community Service.

Wendy Riggle,
Department Community Service Chairman

DO IT *for*
Your Community

Department of Iowa Poppy Greetings Iowa!

I hope you have been thinking outside of the box and working on your poppy display/centerpiece for midwinter. Did you print out some of the coloring pages and get your junior members involved? Remember ANYTHING GOES as long as you don't use the crepe paper poppy. Due to the shortage, we want to conserve our poppies for distribution.

Check out all the rules and coloring pages on the Department of Iowa website here: <https://iowaala.org/wp-content/uploads/2021/02/Poppy-Contests.pdf>

Did you know that there is a Miss Poppy? You can find all the information regarding forms documentation etc. on the National Website here: <https://member.legion-aux.org/Member/Awards/Little-Miss-Poppy-Contest>

Let us not forget about those Poppy Posters! Those rules all come from National and can be found on their website. Be sure when noting deadlines that the submissions need to come to me first to be submitted so, please make sure I have them 1 week minimum before the National Deadline.

And finally, are you making your own poppies this year? Have you seen the video created to help with the use of the handy dandy tool? That video is located under the forms and resources tab on the Department of Iowa website. Or you can find it here: <https://www.youtube.com/watch?v=Q5Cc3WRleLE>



Chaplain's Corner

President Verlinda's bible verse is: "Dear Lord, each of you has received a gift to use to serve others. Be good servants of God's various gifts of grace (1 Peter 4:10)." As we look forward to the holiday season, gifts will be front and center with our family and friends.

You may have a gift with your faith journey, music, speaking or another type of spiritual gift. It's important to use any of your gifts to support your Chaplain so he/she can support

our members in return.

When you interact with your District Chaplain, please introduce him/her to your Unit Chaplain. From the beginning, I've encouraged a team effort with our Chaplains. This begins with me reaching out to our District Chaplains, attending as many fall conferences as possible and even asking the Junior President to introduce me to the Junior Chaplain.

So far in 2024, four issues of Chaplain Checkpoint have been sent to our District Chaplains and Department Officers. You're encouraged to contact me directly to receive this newsletter.

As we turn the calendar to 2025, I encourage you to start thinking about what you can contribute to President Verlinda's Book of Prayers. You'll hear more at the Mid-Winter Conference.

Please remember we can accomplish great things by serving others and showing kindness in all things that we do. God Bless America and our members, veterans, active military and their families.

Karen Ripperger
2024-2025 Chaplain for the Department of Iowa American Legion Auxiliary
kripperger@outlook.com

OPINIONS WANTED

We have lots of those don't we? The Communique is a large expense for the ALA of Iowa. Do you actually read it? We sure hope so, as it is a great resource. Do you feel it is beneficial? Would you prefer it electronically? Let us know if you like your paper and reading it. Your voice matters and you can win a gift card just for your opinion. Stuff my email and mailbox. We aren't saying that we are stopping it, just want your input.

Please respond to us by mail: Regina Chock, 1926 H Ave, Ogden, IA 50212 or email: regchock@gmail.com with Communique in the address line. Please return these to me by January 23. Prizes will be available at Mid-Winter or mailed out.

Public Relations

The American Legion Family consists of three distinct, but intertwined, groups of people. Although familiar with the three groups, many have trouble distinguishing them and finding the right vocabulary to describe the evolution of the organizations...Family.

Once upon a time the American Legion was the men. Those eligible for membership were primarily men and those few women eligible did not join "the men's club." On the other hand, the American Legion Auxiliary has for a hundred years be marketed as the "Largest women's patriotic organization"

As the composition of the organizations is changing, we too need to change our vocabulary and thinking.

Changing vocabulary means using "Legion" or "Legionaries" instead of "men" and changing "women" or "ladies" to "members." When writing articles and speaking with others especially outside our family using the inclusive terms so that those eligible for membership in any of the family organizations feel welcome and included. Even in a homogeneous group of members it is good practice to using inclusive terms so that it becomes second nature.

Changing our thinking is equally as difficult. Although, in many cases our assumptions can be correct it is important to remember that a larger number of veterans are women. Especially in larger groups settings (district or department meetings, large veteran's outings or get togethers) it is increasingly important to ask which meeting a person is looking for or who in the group is a veteran. Assuming will lead to hurt feelings and isolating those veterans who may need our support the most.

The American Legion Family is an amazing space to grow. As we grow together in this family it is important to remember that with movement of years and the change in our compositions. We too need to change our thinking and vocabulary both within the family and in how we present the family to our communities.

Alida Kolthoff
Public Relations Chairman



The American Legion Family Sock Challenge

Commander Brian Ring

President Verlinda Prior

Detachment Commander Doug Honse

What:
New Crew and Tube
Socks
Size 8-12
White, Black, or Grey

When/Where:
Department of Iowa
Mid Winter Convention
February 14-16, 2024
Airport Holiday Inn
Des Moines



Why:

Friendly Competition for the benefit of Homeless Veterans in Iowa through Stand Downs.

Bring your new socks in support of Iowa American Legion Family Leadership and see who comes out on top of the sock pile.

National Junior Meeting – Junior Camp Incentive

What female doesn't like jewelry? This year all American Legion Auxiliary Junior members that attend the National Junior Meeting on January 25, 2025 at the Des Moines Airport Holiday Inn and Junior Camp at the Christian Conference Center at Newton, June 1 – 6th, 2025 will receive a beautiful American Legion Auxiliary necklace at the Iowa Department Junior Convention held at the Christian Conference Center at Newton on June 6th, 2025. The National Junior meeting is a one day event with breakfast and lunch include plus a T-shirt designed by a junior member. Please consider joining us, as we don't want you to miss out on all the fun that has been planned for both of these to events.


Register for the National Junior Meeting online at www.alaveterans.org

Doris Jackson, Junior Camp Director
Alyssa Sparrgrove, Programs Director

I have been very busy working on my projects for this year. I have been collecting pop tabs for the Ronald Mcdonald house, where we currently have around 35 gallons. I have also been working with districts to get tray favors for Va. hospitals. Juniors will be planning to assemble these as a service project for Junior camp in the summer of 2025. My last project is having juniors make poppies at unit level. This will help support the 95,000-poppy shortage for the 24-25 year. Juniors will be ordering and assembling them in their unit. I will try to include a demonstration for Juniors who did not attend Junior camp at Mid-Winter. I am also currently working on the T-shirt design for Junior camp. If you have questions about my projects, or anything I am deciding on, please feel free to reach out to me at banicky.makenzie@gmail.com



American Legion Auxiliary Camp 2025



Join us for Junior Camp; Tentatively June 8-13

Pending DEC Approval

All junior members of the American Legion Auxiliary ages 8-18 are welcome!

Junior camp is a week of teaching us how to better serve our veterans and military and to learn about the ALA program workshops

Am I eligible to be an ALA junior member and go to camp?

Yes! If you're related to a current or past veteran



Relationships examples to veterans: daughter, sister, granddaughter

Have questions or interested in joining? Contact one of us
Doris Jackson, Camp Director
danni.jackson408r@gmail.com
515-468-1274 1032 Warbler Ave.
Lorimor, IA 50149

Alyssa Sparrgrove, Asst. Director
alyssa123sparrgrove@gmail.co
m 319-264-0940 31695
Dogwood Ave Strawberry Point,
IA 52076

We will listen to speakers and presentations, make patriotic crafts, sing camp songs, go swimming, learn flag etiquette, and do many other fun camp activities!

Sign up for camp at: <https://iowaala.org/forms/> under the "Junior Camp" tab. All fees and applications are due to Department office by March 31st 2025



**American Legion Auxiliary
Department of Iowa**

Don't forget to send me all the amazing things your juniors have done this year! You can send me a monthly email, just a quick bit of what they have done so don't forget later.

There's going to be fun activities for the Juniors to do at Mid- Winter? For one of our projects, we'll need some help with it. I am asking members to bring items to fill some busy bags. Items needed at this time are coloring books/pages (small ones will be best or buy/print some of the American Legion Auxiliary ones), a small toy or puzzle to go inside and stickers are always fun! Also looking for some volunteers to also make some bags. I have received a pattern just for this, please feel free to reach out to me and I can email it to you. (rose.rosemaryd@gmail.com) When you are done and have collected what you plan to bring, please fill out the form on the Dept. website under events and mid-winter by Jan 1. If you plan to bring a Junior or a few there is a form, there as well. This will give me a heads up on who and what items will be brought. Thank you to everyone that has helped keep our Jr. program amazing!!

The National Junior meeting will be held in Des Moines Jan 25,2025. Something New this year the young Sons (8-17) are able to join as well.

Rosemary JR. activities chair

2025 Mid-Winter Conference

"Veterans Helping Veterans & Youth"
"Many Hands of Service"

AUXILIARY REGISTRATION: Ballroom Foyer
February 14, 2025: 1:00 pm – 7:00 pm
February 15, 2025: 7:30 – 9:30 am

POPPY SHOW: Iowa Foyer – February 14, 2025
8:30 am – 1:00 pm. Pick up your entries by 4:00 pm Saturday.

Friday, February 14, 2025

1:00 pm	Mid-Winter Convention Committee Meeting – Room 394
2:30 pm	Department Executive Committee – Room 397
5:00 pm	Set-up Programs Fair – Iowa A
7:00 pm	Joint Legion Family Session – Ballroom

Saturday, February 15, 2024

7:30-8:30 am Joint Program Fair – Iowa A – All Committees will share information tables and be in attendance for questions.

Auxiliary General Session – Iowa A

9:15 am Presentations – 5 minutes each unless authorized.

11:45 am Past District Presidents Luncheon –
Reservation Required – Iowa D

1:00 pm Reconvene Session – Iowa A

4:30 pm Announcements
Closing and Adjourn
Receiving Line – Ballroom Foyer

5:30 pm Silent Auction – **Hosted by Girls State** – Courtyard

8:00 pm Hospitality & Entertainment – Courtyard

Sunday, February 15, 2025

7:30-8:30 am Oratorical Competition

9:30 am Joint Legion Family Session – Ballroom

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

Exciting Partnership Announcement:

The American Legion Department of Iowa & Grouper

The American Legion Department of Iowa has teamed up with Grouper to support our members in a way like never before! This collaboration is designed to get eligible participants paid for engaging in our community, ensuring you stay healthy and connected.

Grouper, a leader in the social fitness movement, encourages healthy living through meaningful social connections and shared experiences. Grouper makes it easier than ever to access benefits that pay for part or all of the activities that keep you active and engaged. Eligible participants age 65 and older, through their participating Medicare Advantage and Supplemental plans, can now receive a check simply for staying active.

Here's how it works: Grouper helps you connect to social activities that match your passions. As you stay socially active and participate in qualifying in-person activities with your group, Grouper works with your health plan to support the cost of your activity. Grouper will confirm eligibility, and eligible participants will receive an initial \$50 check as well as \$20 quarterly ongoing activity payments by Grouper.

Get ready to enjoy more fun, more friends and more unforgettable moments! Check Your Eligibility & Join the Fun!

GrouperGroups.com/IA-Legion

Life's Too Long Not to Belong

Research shows that being active and enjoying time with friends is good for your health.

The American Legion and **Grouper** have partnered to reward eligible members for staying socially active!



LEGIONNAIRES 65+ WITH AN ELIGIBLE MEDICARE ADVANTAGE OR SUPPLEMENTAL PLAN RECEIVE:

- ✓ **\$50 initial payment upon confirming eligibility**
- ✓ **\$20 every 3 months of reported social activities**

To see if your plan covers Grouper, please visit:



Grouper

Call 833-445-2400 Email info@hellogrouper.com

No personal information needed to check eligibility - just your health plan name and your age!

Riders

Riders, here we are staring at a cold sky and the leaves gone from the trees. The 2024 season with some exceptions is done and with it was a terrific one year for riding. My own milage was down, but I know that some of you rolled off mile after mile like nothing. Everyone is getting in the swing of the District Legacy Rides. This year was another record year where we took \$23,000 dollars to National Convention. None of this is possible without all of your support. The weather cooperated as we rode the Legacy Ride from Independence to New Orleans, mild humidity and sunshine all but one morning. Well, some of us got drowned in Mississippi on the way back but that's just riding. Next year we were already told, will start in VA and ride to Tampa. At Department Convention we had another terrific turnout, and now it turns to Mid Winter in February. Plan on attending Saturday afternoon as usual, but we MAY start at 430 this year. Of note is a special guest, Mr. Tony Cross from National HQ. Tony will be teaching a Be The

Fifth Grade Flag Essay 2024-25

General Information

The purpose of The American Legion of Iowa Essay contest is to develop 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.

Go to the Iowa Legion website for application and instructions: ialegion.org/flag-essay/

Eligibility

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

Essay

The format for the essay is limited to the following:

- A one (1) page document
- Contains 300 words or less
- Double-spaced
- 12-point font
- The student's own words and effort

The essay is to reflect the students' perspective of what the United States Flag represents to them using facts from the United States Flag Code.

As a resource for teachers who want to invite the veterans into the classroom before participation or as an introduction to the contest, posts may also offer the classroom teacher:

Awards

Local and district contest awards, if any, will be the responsibility of the individual post and district. Each district finalist must be completed in time to be forwarded to The American Legion Department of Iowa Headquarters.

The Department finalists will be recognized in the same manner as other youth champions and will be invited to read their essays at the Department Convention. First, Second, and third-place winners will also receive \$500, \$300, and \$200, respectively from The American Legion of Iowa and The American Legion of 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:

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.

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.

Deadlines

Local Posts should begin working with their schools and home-schooled students in their community in September each year. The deadline for submission of the District winner must be certified and forwarded to Department Headquarters, postmarked no later than January 22nd of the current program year. If the 22nd falls on a weekend, then postmarked by the next business day.

Establishment of Policy: When consulting with any youth participating in an authorized event, TWO adults will be present. This policy applies to all official programs and events recognized by The American Legion of Iowa.

One training class twice on Saturday. I've said before that Be The One resonates with us I the Riders in a different form. Riders, we need this. We need to know what to say, what to look for, and where to go for help when it comes to our family. Many of you heard us speak at your District Conferences about the Be The One Committee, I'm pleased to sat that we are moving forward with our plan. Also at Convention I polled interest in a statewide Legacy Run. Now's the time. Let's see what you all come up with. I would like to see the Iowa Riders to step up and put an informal plan together. I want you to investigate routes, stops, and have a basic timeline. Who's up for that challenge. If you want to take a stab at it, put it together and send it to me. I think a 2-3-day ride is a good start, maybe we all ride to a Des Moines Rally location. The sky is the limit.

As always Riders, Be safe, Ride safe, and Ride often.

Thanks,

Cliff Barker

DEPARTMENT OF IOWA BE THE ONE QPR

Now is the time to make Department of Iowa’s Be The One an actionable plan to lead/train the American Legion Family to be mental health first responders.

Will you join us?

Mission:

The Department of Iowa Be The One Suicide prevention program will utilize QPR methodology to create a robust buddy check process with the mission of making every buddy check and every interaction positive, productive and keeping our suicide minded veterans alive for one more day.

This program will bridge the gap between the desire to Be The One, and the Columbia Protocol training, providing actionable training for real-life situations. It will also champion and maintain the Legion Buddy Check program.

Question Persuade Refer-QPR

QPR stands for Question, Persuade, and Refer.

The 3 simple steps anyone can learn to help save a life from suicide, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life
- Develop the comfort and confidence level needed to insert yourself into any situation.

QPR can be learned in our Gatekeeper course in as little as one hour.

A gatekeeper is someone able to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone, American Legion Family members, Buddy Checkers, long time post/unit members, someone brand new to the organization and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Please follow the link or scan the QR code to complete the application by EOB December 6th. Training will occur February 14 at Mid Winter conference.

<https://forms.gle/cCtk3p2tnuAjDEpSA>



Americanism

www.ialegion.org/educator

Here we are six months into the 2024-2025 American Legion year. Hopefully every post has their youth programs at full speed ahead. Each committee under The Americanism Umbrella are so important to the teaching and keeping the love for The United States of America in the forefront of each person’s mind. Each member of The American Legion Family at their post through to The National Commander is a member of The Americanism Committee. As stated in a song just released by Tim Mc Graw, titled “People Like Us” we all have unique paths, but at our own core’s time frame. We’re connected by the same hopes, dreams, and challenges that make us humans. If you have not heard this song, I deeply encourage you to look it up and listen to the message, which comes out of the words as he sings’ this song is certainly factual to each of us. Talks about all types of people in what they do, how we always point our finger at others, not at ourselves. We can be upset at how various situations go against what we believe, but do we try to change direction to what we feel it should be? Until we wear and walk a mile in the other person’s shoes, we do not know how they feel and think. We are all God’s children, if we are willing, we can build a better tomorrow. On November 5Th Americanism spoke each of us extended the opportunity and privilege we had to change the course or direction our country was on and that happen.

James Kessler Chairmen

Merry,
Bright &
Beautiful
Wishes

Scouting Awards

www.ialegion.org/scouting

The submission deadline to the Department will be March 1, 2025, for Eagle Scout of the Year, Adult Boy Scout of the Year, and Adult Cub Scout of the Year. Eagle Scouts are required to complete the fillable version online, print it, and obtain proper signatures.

Nominations for Adult Scouts can be found on the Department website or are available by request from the Department office.

A Certificate and Department Commander’s endorsement letter can be sent to any Scout who achieves the rank of Eagle. The request is available on the Department website www.ialegion.org/scouting or is available by request from the Department office.

Boys State:

Celebrating 85 Years of Impact!

The countdown to the 2025 Boys State session has begun! In just eight months, we’ll welcome a new group of delegates to Camp Dodge for our 85th session. We extend our deepest gratitude to our veterans and the American Legion for their steadfast support of this incredible program. Thanks to you, over 40,000 young men have learned the importance of civic engagement and participating in Iowa’s democratic process.

40,000 – that’s a powerful number. It reflects the impact of your post’s investment in communities across our state. Yes, our alumni include a State Senator, a U.S. Representative, a NASA astronaut, and numerous graduates of Military Academies. But these are just a few high-profile examples. Think of the countless doctors, lawyers, business owners, farmers, EMS workers, and law enforcement officers who have also been influenced by Boys State. Many return home to serve in our local communities, raise families, and become the leaders we rely on to uphold our way of life.

Your continued investment and involvement in Boys State is vital—not just for our communities, but for our state and our nation. Our Board Members, representing each Iowa American Legion District, are working hard to expand the program to reach even more young men and instill the values of responsibility, community engagement, and leadership.

Reserve your post’s spot today at www.ialegion.org/boystate to secure your community’s investment in future leaders. If your post encounters any challenges with the registration process, please reach out to your District’s Boys State Board Member or Eric Less, the Department’s Youth Programs Director, for assistance.

Oratorical Contest A Consitutional Speech Contest

The purpose of The American Legion High School Oratorical Scholarship Program is to develop a deeper knowledge and appreciation of the Constitution of the United States among high school students. Other objectives of the contest include the development of leadership qualities, the ability to think and speak clearly and intelligently, and the preparation for acceptance of the duties and responsibilities, rights, and privileges of American citizenship.

Go to the Iowa Legion website for application instructions and information: ialegion.org/oratorical/

2024-2025 Department of Iowa Contest Completion Dates

Local Contests must be completed by December 1, 2024
County Contests must be completed by December 16, 2024
District Contests must be completed by January 5, 2025
(top 2 contestants may advance to the area)
Area Contests must be completed by January 19, 2025

PLEASE NOTE: These contests DO NOT have to take place on the completion dates (Sundays).

Department Finals

The 2025 Department Contest will be conducted on Sunday, February 16, 2025, at 8:00 AM. The contest will be held at the Holiday Inn Des Moines Airport & Conference Center.

National Finals

The 2025 National Finals will be May 16 – 18 in Hillsdale, Mich., at Hillsdale College. Quarterfinal and semifinal contests are scheduled for Saturday, May 17th with the finals scheduled for Sunday, May 18th.



**POST & SQUADRON
EVERLASTING**
08/01/2024 –
10/31/2024

COUNCIL BLUFFS #2
Tal Quick
Joy L Colwell

OTTUMWA #3
Phillip C Traul
Timothy E Osteen
Larry P Leatherman
Frank E Amos

HUBBARD #4
Terry Cowell

DUBUQUE #6
Cletus F Cashman
Melvin J Behnke
Charles J Pearson
John T Woller

CARROLL #7
Harry Rose
Robert J Beyerink
Dana L Genzen

DENISON #8
Gene E Friedrichsen

OELWEIN #9
Paul E Ryan
David D Moore
Larry M Price
Dennis P Carey
Robert L Bahe

ANAMOSA #13
Robert G Newhard
Max A Colbert

WEST UNION #15
George B Woodard Jr
William H Miller
Keith Anderson

POCAHONTAS #18
George W Bindel
Dennis D Jackson

SIGOURNEY #19
James Deitrich
George W House

LAURENS #24
Robert G Fuchs
John Tussing

ROLFE #25
Donald A Savery

DAVENPORT #26
Robert E Brooks Jr
Robert R Gathman

MUSCATINE #27
Ronald A Porter
Leroy Spaulding
Gary J Bennett
Benjamin L Brockert

WASHINGTON #29
Larry D Krotz

INDEPENDENCE #30
Richard J Weber

OSKALOOSA #34
Ronald K Allgood
John F Beadle
Donald L McSparen
Clarence A McKee
Raymond Randall Jr

AMES #37
Marvin L Holland

BELLE PLAINE #39
Kenneth L Brown
Paul S Hinschberger
Nathan J Grieder
Richard R Buch

ANKENY #42
Raymond D Hildreth

BAYARD #44
James Vaughan

MANCHESTER #45
Bill L Welcher

MARSHALLTOWN #46
Dale F Hicks
John L Sagar
Donald W Campbell
Dennis R Richards

LANSING #50
Robert Vanbrocklin

BOXHOLM #53
Keith W Davis

VICTOR #54
Eugene L Decoster

OGDEN #55
John Heineman Jr

BOONE #56
Brian G Gustafson
Maurice H Sandholm
Alfred Delay
Ronald W Siepker
Jerome A Bretschneider
Paul F Bartley
Clyde Chelsvig
Garold R Anderson

VINTON #57
George T Hanna
Wilhelm Fuchs

MT PLEASANT #58
Richard W Cornick
Kenneth C Burden
Lavelle O Hibbs

IDA GROVE #61
Harlan J Fries
Harry Streck
Richard Jordan
Louis F Lichter
Dennis J Foxhoven
Emil J Hiykel

WAUKON #62
Chester S Thune

BOXHOLM #63
Charles D Swanson

SIOUX CITY #64
Orville Bailey

VAIL #65
Donald D Kinney

RED OAK #67
Billy O Jones
Gary L Tye

CORYDON #68
Pete L Stone
Deborah L Hullinger

CRESTON #70
L J Ripperger

GARWIN #71
Paul H Phillips

TOLEDO #72
Leonard J Boyer
Ronald J Ridpath
Oscar O Johnson

TAMA #73
Paul J Polka

SABULA #74
George W Robinson

MAQUOKETA #75
Donald B Romer
Charles Westphal
James M McLaughlin
Jack Scanlon
Robert Wirth

MARNEGO #76
Wayne E Kuhnle
Donald A Stevens
Jerry Baum

KANAWHA #77
Ronald Pringnitz

BLOOMFIELD #78
Bennie B Ritz
Karl D Kinnamon

LEON #80
Eldon Binning

COLLINS #81
Billie D Dunshee

FORT MADISON #82
Lonnie Glasscock

PELLA #89
Dwayne F Meyer
Harold E Sikma
Norman L Dieleman

WESTGATE #92
George T Steinbronn

CLARINDA #98
Larry E Carlson
Lyle E Betts
Dennis Renander

MINBURN #99
John C Summerson
James R Boersma
William Liston

COLUMBUS JCT. #100
Howard R Jones

MASON CITY #101
Robert S Mountain

CHARITON #102
Walter E Faulconer

ROCK RAPIDS #103
Larry L Reck
Larry D Long
Russell Pedersen

ELKADER #106
George Miller
Ronald L Druecker
Denis A Glesne

PLEASANTVILLE #108
Herbert H Collins
Larry Collins

MANLY #110
John F Deets

NEWTON #111
Wilbur Davis
Edwin M Wheeler
Verle Summers
Robert E Wickett
Keith Beal
Cecil Grimm
Everett E Wood
Arthur E Warden

STATE CENTER #122
Michael E Wilson Sr

GUTHRIE CENTER #124
Ted Hansen

MERRILL #125
John R Conley

GLADBROCK #127
Craig A Peters
John M Froman
Paul E Purvis
Heather J Frericks

ONAWA #129
Earl Doll

FT. DODGE #130
Edward E Tjelmeland
Robert A Crandall
Richard K Hersom

CRESCO #135
William R Walker

DYERSVILLE #137
George A Benn
Allen White
Daniel J Wessels
Jerome Feldman
Garry F Westhoff
Bob Kirsch
Elmer F Schumann
Herb Recker
Jerome Lansing
David Gogel

WATERLOO #138
Edwin H Hanson
Robert W Lehman
Ronald E Bengston
Bill Kammeyer
Craig A Magee

GLENWOOD #141
Glen A Linter
John Dean
Harold R Hofmockel
Richard Gotschall
Lloyd L Harold

TRAER #142
Warren D Sealock
Logan W Wilson
Neal Himschoot

SHELDON #145
David O Hillary

STUART #146
James E Marsh

VAN HORNE #148
Warren Barr
John M Wilson
Larry Stueck

SUTHERLAND #152
Robert Fiddelke

BETTENDORF #154
William P Carlson

MITCHELLVILLE #155
Thomas R Sankey

HAMBURG #156
Wilbur J Henle

WOODBURN #157
Elmer W Utley

EARLHAM #158
Wilson H Young

SHELLSBURG #166
Douglas E Dunkel
Richard L Carver
Ronald R Larsen

NEWHALL #167
Robert J Frimml
Robert E Inman
Robert J Paulsen

KNOXVILLE #168
Glen L Brown
Bill Miller
Jarman Miller

MONTEZUMA #169
Delbert E Story
Steve R Miller
Roger A Schubel

BLAIRSTOWN #170
Harold Alcott
Eldon Bridgewater
Edwin J Brecht

MT AYR #172
Daryl L Holden
Craig D Elliott

AYRSHIRE #173
Ann M Heiman

CHARLES CITY #174
Gene J Chambers
Carl F Ross

WAVERLY #176
Roger L Bluhm

SEYMOUR #180
Richard Davis

ELDORA #182
Ronald D Sapp
Ruben D Camacho

HAMPTON #183
Reyes R Montes

WINTERSET #184
David L Schrodt

AKRON #186
Richard L Huebner

IA FALLS #188
Jerry L Smith
Richard D Linn
Harold E Bahr Jr
Jack L Borkowski
Dennis Bennett

WAUCOMA #189
Jean J Ott

CLINTON #190
James C Hass
Delbert V Nissen

WEBSTER CITY #191
Steven B Ostrem

EMMETSBURG #192
Robert F Kane

NEWELL #193
Frank C Popp

SIOUX CENTER #199
Harlin E Doorenbos
John A Kruid
George Meendering
John Huisman

PALMER #202
Donald H Mann

MANSON #204
Aubrey E King

LAPORTE CITY #207
Deane L Werner

MONTICELLO #209
Michael J Lambert
James J Koerperich

ANITA #210
Robert P Lehman

ATKINS #217
Gerard A Herman

STRAWBERRY PT #218
Lavern H Moorman

REMSEN #220
Donald Loutsch

DUNLAP #224
Gerald A Houston

HOLSTEIN #225
Harold A Freese
Donald E Schmidt

WILLIAMSBURG #228
Don A Lotz

CHEROKEE #230
Tracy L Peterson

LAKEMILLS #235
Richard Werner

DEWITT #238
Duane G Kidd

LEMARS #241
Jim Ernst
Art Poeckes
Dennis Rolfes

REINBEK #242
Robert J Stephan

MEDIAPOLIS #243
Mark H Breder

RICEVILLE #244
Reese D Butterfield
Steve Molstad

MAYNARD # 245
John R Ehlers
Robert Suckow

MAXWELL #249
Robert E Pierce

VILLISCA #251
Michael J Jackson

ACKLEY #252
Albert Abbas
Harlan Smeins

UNION #255
George Sorensen

GARNER #256
Harold Hejlik

WYOMING #259
Russel E Streeper
Acel J Nowachek

SLATER #260
Jack A Cook
James W Douglas
Lynn D Depping

REDFIELD #261
George S Buck

MILO #263
James Chaplin

URBANA #264
Earl Rinderknecht

MCGREGOR #267
Douglas D Reynolds

BELLEVUE #273
James Budde
Joseph L Monner
Fredk Stoecken
Sylvester F Ploessl
Bruce W Drury
Allan Ehlinger
Gerald L Emerson
Roger J Scholtes

OSAGE #278
Robert D Starry
Larry M Muller
Carroll Nicol
Thomas Martin
Edward Souder
Robert D Neumann
Chuck Grimm
Dennis R Fischer
Carroll L Winer
James A Wagner

LAWLER #279
Donald G Benz

WASHTA #283
Larry E McDermott

PARKERSBURG #285
Delbert E Carolus

CLARENCE #286
Robert F Miller
Larry D Health

HARTLEY #288
Douglas H Hoaglund

BROOKLYN #294
William R Silvers
Mervin R Morgan
Michael L Maschmann
Max Montgomery
Dennis N Moon

CENTER POINT #297
Alfred D Stark
Joseph L Meyne

MARION #298
Steven C Fairbanks
Robert W Potter
Phillip J Stoops
Richard W Boots
James D Stucker
Paul L Erickson
Grant R Wilken
Myron F Wilson
Gene D Sell
Kenneth W Blin

ALBERT CITY #298
Gene D Sell
Kenneth W Blin

ALBERT CITY #299
Darrel W Behrens

MOVILLE #303
James A Bleil

EAGLE GROVE #304
John A Jacobson
Lewis J Nickell

MARQUETTE #305
Charles J Mason

INWOOD #310
Clarence Vanthul
Rodney Gist

ODEBOLT #313
Lawrence E Konrady

BRITT #315
Gary L Kahlstorf
Leonard F Pistek

LITTLE ROCK #316
Darrell Versteeg

KESWICK #319
Jerry Baker

ROCK VALLEY #321
Arlyn D Boersma
Sherwin J Vankekerix

OCHEYEDAN #326
Larry L Brunk

ORANGE CITY #329
Cornelius Eshuis
Norman D Tegrotenhuis
Wilmar D Wielenga
Peter L Vanderzwaag
Paul Dekker

FAYETTE #339
Joel K Erickson

MYSTIC #340
John E Devore
Don T Phelps

LAMONT #346
Francis J Houska

LECLAIRE #347
Leon J Harry
Rufus Wayne Hogard
Bill Thorngren

GRUNDY CENTER #349
Edward G Schoolman
Alfred L Harberts
Larry G Phelps
Larry R Dreesman

ELGIN #352
Milton L Ash
Duane Strong

DIXON #353
Harry Arp Jr

DOUGHERTY #354
Edward Soucke

KELLOGG #355
Susan Springer

COON RAPIDS #357
Melvin Dorpinghaus
Scott Holmes
Larry D Lange

CLARENCE #286
Robert F Miller
Larry D Health

BATTLE CREEK #364
William H Kohnnekamp
Larry D Forthum
Ronald Grove

PARNELL #369
Lyle E Denison

DES MOINES #374
Donald W Betts

MONDAMIN #378
Jerry D Shelton

ALLERTON #379
Roger Stroud

HULL #380
Marvin A Diekevers

MILFORD #384
George A Morris
Vernon W Wittler

ANTHON #389
Ralph Diamond

BONDURANT #396
John S Flannery

QUIMBY #398
William H Kabisch

VAN METER #403
Daniel W Breckenridge

PISGAH #408
Royce Hildreth

CRYSTAL LAKE #409
Brad Haugland

EVERLY #414
Marvin H Schmidt

LIVERMORE #415
Michael Rolland
Virgil L Williams
Gary D Shaffer
Ernest E Shoemaker Jr

Dexter #419
Eugene W Krumm

WALNUT #422
Fred J Matthies
Eugene Troll

LACONA #426
Troy Pruitt

GOWRIE #431
Edward L McWeeny
Benjamin F Rentschler

SILVER CITY #439
Gerald H Stogdill
Bradley Michael

NEW SHARON #446
Richard Devore

GALVA #454
Loren R Blum

RHODES #456
Harlan M Kloppenborg

LONE TREE #457
La Verne Forbes

SOLON #460
Jerry Randall
Richard E Swails
Harlan W Koch

ADEL #464
Scott Cadwell
Thomas W Harbison

MELVIN #470
Bob Damman

OXFORD JCT #473
Herold Rehmke
Steven R Barth
Danny Curley

HINTON #477
Thomas H Hansen
Kenneth B Mouw

MT VERNON #480
Fred J Lehman

CLEGHORN #486
Fred L Olson

NORTH ENGLISH #488
Larry W McCallister

OAKVILLE #489
Wes Shutt

DUNCOMBE #491
Thomas Vanatter

DOUDS #494
Kenneth Gilchrist
Doyle W Vannoy
Steve Rupe

MAPLETON #496
Edward L Henkenius
Richard Bumann

OSSIAN #503
Wayne Tieskoetter

Richard Heying

RICHLAND #504
Donald W Long

BUSSEY #505
Oren E Shobe

BARNES CITY #507
Bernard W Molyneux

WEST LIBERTY #509
John D Goldesberry

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2025 MID-WINTER CONFERENCE

HOLIDAY INN AIRPORT

DES MOINES, IOWA

FEBRUARY 13-15, 2025

THE AMERICAN LEGION

Thursday, February 13, 2025

1:00 pm

Marketing Commission – Room 397

Promotions & Revenue Enhancement Committee

Media & Communications Committee

3:00 pm

Department Finance Commission – Room 397

Friday, February 14, 2025

8:30 am

Be The One Master Trainer Training – Iowa B

9:00 am

Convention Commission – Room 397

10:00 am

National Affairs Commission – Room 292

10:00 am

Internal Affairs Commission – Iowa C

Strategic Planning Committee

Membership Committee

Training Committee

Sons of The American Legion Committee

American Legion Riders Committee

10:00 am

Americanism Commission – Iowa B

Community Service Committee

Children & Youth Committee

Boy Scout Committee

Baseball Committee

Oratorical Contest Committee

Junior Shooting Sports Committee

10:00 am

Legislative Commission – Room 398

10:00 am

VA & R Commission Meeting – Room 396

Veterans Benefits Committee

Health Administration Committee

11:00 am

Resolution Sub-Committee – Room 175

12:00 pm

DEC Luncheon – Iowa E

1:00 pm

DEC Meeting – Iowa B-C

5:00 pm

Color Guard Practice – ALR/SAL/ALA/TAL – Ballroom

5:00 pm

Programs Fair Setup – Iowa A

5:00 pm

Liaison Committee – Iowa B-C

6:30 pm

Prelude – Ballroom

7:00 pm

Joint Session – Ballroom

Call to Order – Bring Ring, Sr., Department Commander

Posting of Colors – ALR / SAL / ALA / TAL Durant Post #430

Invocation – Karen Ripperger, Auxiliary Chaplain

POW/MIA Empty Chair – Tom Ryan, Department Sergeant-at-Arms & Gerald Bennett, Department Vice Commander

Pledge of Allegiance – Ed Fontes, Department Vice Commander

Preamble to the Constitution of The American Legion – Bob Colin, Department Vice Commander

Welcome & Introductions – Bring Ring, Sr., Department Commander

Welcome – Doug Honse, SAL Detachment Commander

Address – John Lawrence (LA), SAL National Vice Commander

Welcome – Verlinda Prior, ALA Department President

Address – Kenzie Banicky, ALA Department Junior President

Address – Rosemarie W. Hauck (MO), ALA Central Division National Vice President

Presentations

Membership Awards

TAL Department Historian Awards

American Legion of Iowa Foundation Donor Awards

Address – John (Jay) Bowen (CO), Candidate for National Commander

Address – James A. LaCoursiere, Jr. (CT), National Commander

Hospitality & Entertainment – Courtyard

Root Beer Floats Hosted by S.A.L. – Room 160

Evening

10:00

Starting an American Legion Riders Chapter

11:00

Filing a VA Claim

9:00 am

Workshops – Iowa B&C

9:00

Running a Commission/Committee

10:00

Boys State, What is it?

9:00 am

Workshops – Ballroom South/Central

9:00

VA Death Benefits

10:00

Planned Giving Retirement Planning

11:00

Flag Retirement Ceremony

Baseball Meeting – Room 397

Past District Commanders’ Luncheon – Iowa E

1:00 pm

Workshops – Ballroom North

1:00

Be The One Training

2:00

How to Write a Resolution

1:00 pm

Workshops – Iowa B&C

1:00

Starting/Reviving a SAL Squadron

2:00

Cyber Security

1:00 pm

Workshops – Ballroom South/Central

1:00

Membership Recruiting

2:00

Making your Post Attractive

Scouting Q&A – Room 397

3:30 pm

District Caucuses

First – Iowa C

Second – Ballroom North

Third – Room 397

Fourth – Iowa B

Fifth – Room 292

Sixth – Ballroom Central/South

Seventh – Room 396

Eighth – Westview Central/South

Ninth – Westview North

4:30 pm

American Legion Riders – Iowa B&C

5:30 pm

Protestant Services – Ballroom North

5:30 pm

Catholic Services – Ballroom South/Central

6:30 pm

Women Veterans Forum – Room 397

6:30 pm

Past Department Commanders/Past Department Presidents/Past Detachment Commanders Social & Dinner – Iowa D&E

7:00 pm

Oratorical Contestant & Staff Briefings – Ballroom North

Evening

Hospitality & Entertainment – Courtyard

Root Beer Floats Hosted by S.A.L. – Room 160

Sunday, February 16, 2025

7:00 am

Oratorical Briefing Room – Iowa E

8:00 am

Department Oratorical Finals – Ballroom North

9:30 am

Joint Session – Ballroom

Call to Order – Bring Ring, Sr., Department Commander

Memorial Service – Cindy Yslas, Department Chaplain

Presentations – Girls State Director & Boys State Director

Girls Nation Senators

Boys Nation Senators

Oratorical Results & Awards Ceremony

Closing Remarks – Doug Honse, Detachment Commander

Closing Remarks – Verlinda Prior, Department President

Closing Remarks – Bring Ring, Sr., Department Commander

Retire POW/MIA Flag – Tom Ryan, Department Sergeant-at-Arms & Gerald Bennett, Department Vice Commander

Benediction – Cindy Yslas, Department Chaplain

Retire Colors – ALR / SAL / ALA / TAL Durant Post #430

SONS OF THE AMERICAN LEGION

Saturday, February 15, 2025

9:00 am

Detachment Executive Committee – Westview Room

AMERICAN LEGION RIDERS

Saturday, February 15, 2025

4:30 pm

American Legion Riders Meeting – Iowa B&C

Saturday, February 15, 2025

7:00 am

Iowa Foundation Breakfast – Iowa E

7:30 am

Programs Fair – Iowa A

9:00 am

Workshops – Ballroom North

9:00

Be The One Training



The American Legion constitution preamble starts with "For God and country" and the Scout oath has "On my honor I will do my best, to do my duty, to God and my country".

The American Legion Family chartered 183 scouting units with 1895 youth and 1076 adult leaders. in 2023. That is an increase of 70% in units, 14% in youth, and 32% in adult leaders. Since these numbers were

released last year, they have surely grown higher.

Legionnaires as leaders in the community, we can help scouts learn citizenship in the community, nation and society merit badges which are required for Eagle rank. Military skills such as map reading and compass work, hobbies such as fishing, flag etiquette, and of course leadership.

Many of us were scouts in our youth and hopefully remember those times with fondness. Scouts need adult leaders in the troops and packs but also on committees that keep them running. Advancement chair help with the paperwork in scouts ranking up, finance, and of course the committee chairman. Having just these positions filled gives the Cub or Scout master more time to work with our youth.

Youth is one of the pillars of the American Legion and whether a post charters scouting units such as Cub Scout packs or Scouting troops or just want to support units in your town of area, your help is appreciated.

At this winter conference we will host two Scouting council executives for a question-and-answer period for individuals and post can find out more about scouts and the scouting program can learn more about us.



Recently Williams-Jobe-Gibson Post 128 donated an American Flag to Sidney Community High School in Sidney Iowa for their new gym



Bob Colin, Tim McLaughlin, NVC James Kellogg, Mitch Brahms, Daniel Blazek, Artist: Ray "Bubba" Sorensen II and Bob Waugh



• **ARMED FORCES DAY • 05.18.25 •**
Raccoon River Park West Des Moines

\$40 before 04.15.25 (\$50 after)
\$25 for <18 year olds

800 REGISTRATION
900 WALK/RUN START

5K Walk/Run or 1K Walk
Patriot Costume Awards
Event T-Shirt
Food and Beverages

REGISTER TODAY!
www.starsstripesspirit.com



LEGIONNAIRE BENEFITS

As a Member of the Legion Family, You Know How Important It Is to Help Protect Those in Need ...

NOW WE CAN HELP THE LIT PLANS CAN HELP WITH

- Hospital HELP Plan
- Cancer Care
- Accidental Death Protection
- On-The-Move Travel Accident
- Emergency Assistance Plus
- ID Resolve
- Medicare Supplement Insurance
- Health Insurance
- Dental Insurance
- Long-Term Care
- Lifeline Medical Alert Service

Hospital HELP Plan — Provides benefits for hospital stays including intensive care, cardiac care, care for cancer, rehabilitative facilities, and V.A. hospitals.*

Cancer Care — Provides important protection and a daily benefit if you are hospitalized due to cancer.*

Accidental Death — Helps provide financial protection for you and your family. Up to \$5,000.00 LegionCare AD coverage at no cost to Legionnaires is available: (activation required).* You can also purchase additional Accident coverage up to \$100,000.00.

On-The-Move Travel Accident — Provides up to \$200,000.00 coverage when fatally injured in a covered accident while traveling, plus \$500.00 per day if a covered accident lands you in the hospital.*

ID Resolve — Provides 24-hour identity theft resolution that helps protect your money, your time and your financial reputation.*

Emergency Assistance Plus — Provides you with 24/7 emergency medical and travel assistance services should something happen to you or your family while traveling away from home.

Medicare Supplement Insurance — Supplements your Medicare Coverage at group rates.

Health & Dental Insurance — Request a quote on various Health & Dental Insurance Plans designed with you in mind.

Long-Term Care — Can help provide home health care, supervised adult care, and more.

Lifeline Medical Alert Service — Provides fast access to help in the event of a fall or medical emergency so you can live confidently and independently.

DeviceGuard — A simple, comprehensive, and affordable way to protect your devices—from smartphones to laptops to digital doorbells. Flexible plans and bundles ensure that you only pay for the protection you need.



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To Learn More and Enroll, Visit www.TheLIT.com
For Questions Call 1-800-235-6943

1424 343112 *The Accidental Death, Cancer Care, Hospital Help Plan, and On-The-Move Accident Insurance Plans are underwritten by Securian Life Insurance Company, St. Paul, MN. Plans may not be available in all states. These policies contain limitations and exclusions. Please visit www.TheLIT.com to review plan details.

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