



AMERICAN LEGION AUXILIARY DEPARTMENT OF IOWA

SERVING VETERANS, THEIR FAMILIES AND THEIR COMMUNITIES

Auxiliary Communique - Fall 2015

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QUILTS OF VALOR

*Special to the
Auxiliary Communique,
From Quilts of Valor Foundation Board of Directors*



The Board of Directors of Quilts of Valor® Foundation, has announced the selection of their next QOVF Executive Director, Ann Rehbein of Ames, Iowa (Auxiliary Unit #37).

"The QOVF is indeed fortunate to have a person of Ann's experience and talent join the QOVF team as our leader for the next two years," said Acting Chair Walt Davis.

Ann is a graduate of Iowa State University and has extensive leadership and managerial strengths having served previously as the Iowa American Legion's Executive Secretary and as the owner of a successful small business for 17 years. Ann also has an extraordinary history of volunteerism, having served in numerous leadership positions, including several national chairmanships and most recently as the National Education Vice Chairman for The American Legion Auxiliary. She is also a member of the Winterset (Iowa) QOV Quilters and has advocated passionately within The American Legion family at the local and national level for Quilts of Valor over the past several years.

"I know you will join me in welcoming Ann to QOVF as our new Executive Director," said Davis. "We look forward to her contributions that will continue to guide and strengthen the Quilts of Valor Foundation in the pursuit of its honorable mission."



Quilts of Valor Retreat

January 8 - 10, 2016 - The Quilted Steeple, 2605 - 90th Ave., Lone Rock

Join us for a weekend of fun, fellowship and food, service to veterans, food, and a stitchin' good time. Oh, and food. Did I mention food and chocolate?

The Quilt of Valor Quilt Retreat will be held at The Quilted Steeple near Lone Rock - a beautifully restored former church and parsonage, surrounded by the peace and tranquility of rural Iowa. Learn about it at www.quiltedsteeple.com.

The fee for the retreat is \$125 which includes your spacious sewing area, lodging with five meals (Friday evening to Sunday morning) and beverages. There is an extra refrigerator in the retreat center for guests who want to bring other beverages, snacks or other food.

Day retreats for those living close by would be \$50 for the weekend and will include your sewing area, Friday evening meal, and Saturday lunch and dinner. If you can only come for the day, the cost is \$25.

You need to bring your sewing machine and personal tools. Cutting tables, pressing tables, irons, and individual lighting at the tables is provided. fabric and patterns will be available due to the generosity of our members, or you can bring your own.

Not a quilter? No problem. If you can stitch a straight line, we will get you started quilting! Send in your reservation today - spots will fill up quickly.

Send registration form and fee (available online at www.ialegion.org/ala/Announcements), to: QOV Retreat, American Legion Auxiliary, 720 Lyon St., Des Moines, 50309. Questions? Contact Ann Rehbein amrehbein@msn.com or 515-232-9299.

VA & R Committee

Honoring Our Veterans: Past, Present and Future

Mary Sebben, Department VA & R Chairman

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Honoring our Veterans from the past, in the present, and in the future is the American Legion Auxiliary's goal. What a better way to do it than to volunteer your time in any one of the VAMC facilities (Des Moines, Iowa City, Omaha, Sioux Falls, and the Iowa Veterans Home) and/or their area CBOCs. **Let's make 2015-2016 the year of volunteerism!** Contact the VA Voluntary Services Office in the facility nearest you and volunteer your time and service to our veterans this year. The rewards are great: a big smile and a caring heart.

The Department Leadership Workshop was a success and what a group! At the Workshop there were two projects introduced that, hopefully, a good share of the units in Iowa will take advantage of participating in, to make the lives of our veterans better and to show appreciation for their service and sacrifice. One of those projects is the Buddy Basket which provides household items for a veteran going

from a homeless situation to a housing situation (ie. apartment). The other project is the Baby Starter Gift Set for expectant women veterans who are served in the Women's Clinics at the VAMC Facilities. I have made flyers regarding these two projects available on the ALA website under "Publications."

Also on the website under "Publications" is a flyer on Stand Downs (their origin and locations around the State conducting stand downs this year). The Des Moines Stand Down ([see below](#)) is one of those events to be held September 18-20, 2015 on the State Capital grounds. Check with the various coordinators of these events to see if you can be of service to our veterans.

Please be sure to check the National Plan of Action as well as the Department VA&R Plan of Action for contests available under this program.

I would like to hear from any units

out there which have members volunteering at any of the VAMC Facilities and/or their local CBOCs (Community-Based Out-Patient Centers). Also, if any units are providing Buddy Baskets and/or Baby Starter Gift sets, please let me know about the work you are doing with these two projects as well. Please let me know by **December 15, 2015** so that I can report to National in my mid-year report to them by January 5, 2016. Don't forget, too, that I need your narratives on what your units have been doing all year for our veterans by **April 30, 2016**.

Thank you everyone for all the hours you have given to our veterans and the hours you will continue to give to help make their lives better and, in so doing, saying "Thank you for your service." Let us carry on President Tammy's theme of "Honoring Our Veterans: Past, Present, & Future" and make them the **stars** they deserve to be.

Des Moines Stand Down

SEPTEMBER 18-20, 2015

MESS TENT/USED CLOTHING TENT

Following is an expanded Needs List for the Used Clothing Tents (men and women):

- Belts; shoes; gloves; socks; new and/or gently-used male/female underwear, bras (any sizes); stocking caps and/or ball caps; new and/or gently-used clothing (ie. sweatshirts/sweatpants); new and/or gently-used jeans (any sizes); t-shirts; gently-used coats; bedding; back packs (General Clothing Sizes S-XL with limited 2X-5X)

People can bring these items to the Stand Down location at the Volunteers Check-In Thursday evening or Friday morning before noon.

- Mess Tent: Following are the times and locations for delivering desserts (bars and/or cookies - baked or purchased). David Rowell is in charge of the Mess Tent and following are the times he will be available to receive drop-offs: Thursday and Friday 11:00 a.m.-noon at the Stand Down location; Friday 7:00 a.m.-11:00 a.m. at the Capitol City Baptist Church - 5990 N.E. 14th Street; Friday Noon - 3:00 p.m. - Capitol City Baptist Church; Friday after 3:00 p.m. at the Stand Down location; and, Saturday at the Stand Down location all day.

If anyone has any questions about any of the above, feel free to contact me: Mary L. Sebben, Dept. VA&R Chairman, (515) 978-6339 or 250-1363; mlsebben@aol.com.

2016 Girls State

Change is good and Girls State is changing in 2016. The American Legion Auxiliary Iowa Girls State will be held on the Drake University Campus in Des Moines, June 12-17, 2016. The \$400 fee and Unit Reservation Form are due to the Department Office no later than December 1. Girl State Citizens must apply online by February 28.

Applications are to be filled out completely. Girls State Counselors must register online by April 1. All counselors must have a background check through the online registration. If needed, refunds must be in the Department Office on the form from the website, under forms, by April 30. Online forms will be available on the website under forms. All deadlines are firm.