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Unit President: Sharon Bellinghausen
Squadron Commander: Steve Malmquist
Chapter President: Rick Hackett

Vol XXXV, No 8
 March 2014
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Ames Legion Family In Action

UPDATE FROM COMMANDER MacCREA

Punxsutawney Phil predicted six more weeks of winter last month. Sure hope he is wrong. With any luck, winter is now behind us and we can look forward to spring like weather. I don't know about you, but the cold weather has worn me out and I am glad to see some warmer temperatures starting to arrive. This is Iowa however, and we did have snow last May, so we can only hope that Phil was wrong, winter is over, and spring is in the air!

This month we celebrate the Legion's birthday. The Post will hold a small celebration in honor of the Legion's 95th birthday on March 13th at 7:30 PM. I invite all members of the Legion, Auxiliary, Sons and Riders to join us in this celebration.

As part of the birthday celebration, we would like to recognize and honor those members of our Post whom have been members of the American Legion for 50 years or longer. We honor them for their continued service to our Post and the Legion. Their names and years of membership are listed in this Newsletter.

We had a good representation from the Post at Mid-Winter Conference, and I thank all those who made the effort to attend, especially in light of the weather. There was a lot of good information presented and I know I learned a lot.

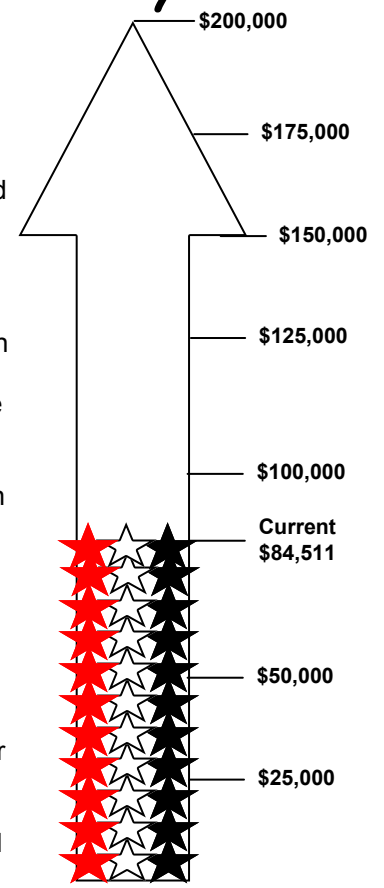
Among the many presentations at Mid-Winter Conference was one given by Dave Rehbein on the upcoming 100 year birthday celebration of the Legion. "Legacy & Vision – The American Legion Centennial Celebration" is designed to promote the legacy and vision of every Legion Post as well

as the American Legion as a whole and the impact our organization and members have made on our community, state and nation over the past century. This will be a 15 month celebration and we, as a Post, need to start getting more formally organized. We started sharing our Post legacy with the membership a couple of months ago with some information on Snedden Winter, whom our Post was initially named after. We will continue to provide facts and information about our Post and the Legion's legacy each month in the Newsletter.

March also starts the nomination process for Post Officers as a Nomination Committee is established and we start looking for candidates to fill the many Post leadership positions for 2014-2015. I encourage you to consider filling one of these positions. I think you will find it a personally rewarding experience serving and supporting your fellow veterans, their families and the community. If you are interested in being part of the Post leadership team for the coming year, please contact the Post Adjutant, Bob Bellinghausen.

I hope that you have a great March and look forward to seeing you at the Post.

Our Goal



*Honoring Tradition
 Investing in our Future*

 *  *
 * **MOTHERS DAY** *
 * **BRUNCH** *
 * **MAY 11** *
 * **11AM-1PM** *
 * **SAVE THE DATE** *

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Unit President Sharon's Comments

Hi Everyone,

I don't know about you, but I'm ready for spring! But, as I'm writing this the National Weather Service is predicting a blizzard for Thursday.

Nine of us attended the Mid-Winter State Conference. The speakers were Frank and Kimberlee Spillers from Global Horizons. I will tell you more about it at our next meeting. Also our National President Nancy Brown was another speaker. We played a lot of "baseball". We should be very proud of Sandy Deacon and Ann Rehbein. It was a very busy weekend for these girls and they did a very good job, so please thank them.

Ames Unit 37 did have a low point. By now most of you know we didn't get 100% for membership, we had 90%, so

if you haven't paid your membership, please do so. Lois Poppe has worked hard to get us to 90%, so let's get 100% by District. Please thank Lois for all her hard work.

We will be having a Bake Sale when the Sons have their Breakfast on March 22. So we need whatever baked goods you can bring to the Post on March 21.

We have a lot of business to go over at our next meeting and our speaker will be Hannah Dankbar, Volunteer Engagement Coordinator, Volunteer Center of Story County. So please try to be there.

Dates to remember:

March 1st Post Steak Dinner

March 4th ALA meeting

March 20th County Meeting at McCallsburg

April 12th District meeting at Maxwell.

Don't forget Poppy Days. We would like to see more couples helping us with this project. Remember it is for our Veterans. There will be a sign-up sheet at the Post after our March Meeting. Remember the more people we have, the more places we can man and get money for the Vets.

Also, please sign up for Bingo. We need helpers.

Jan Schmidt and Sharon Bellinghausen will be our hostesses for our March meeting. Please come and enjoy. The Juniors will be meeting on the 2nd Sunday in March at 2:00 PM. We would love to see more girls at the meetings.

See you at the Post

Sharon Bellinghausen, President

Squadron Commander Steve's Comments

Thank You all that have renewed or have joined us this year. We are one of the 20 Squadrons in the Detachment that made target by Midwinter conference. We can't stop here though, we still have members that have not renewed yet, let's get them all in.

We have our spring breakfast coming up the 29th of March. The Auxiliary is going to have a bake sale also that morning. Get in touch with me, or leave

a note at the post for me, if you can help that day.

On March 1st Several of our Post, Unit, and Squadron members will be taking pledges for IPTV during the program "Quilts of Valor". Also that night we will be having our monthly steak dinner.

Just a reminder that scholarship applications are due at the Post by March 15th.

Till next month For God and Country.

Junior Unit Report

The Juniors meet the first Sunday of each month at 2pm at the post, we would like to have you join us!

We will be working on a short program for the Junior Conference with the girls. If any senior members would like to attend our meeting you are always welcome.

Last month the girls made corsages for the Sixth District Junior Conference on March 29. Please remember that if you would like to make a corsage or poppy poster to have them at the post by March 4. If we have 2 or more from the same age group or class we will need to judge them at the Unit meeting.

If anyone would like to attend the Junior Conference it will be in Slater at the Log Cabin with registration at 8AM and call to order at 9AM. If you need more information, contact Joyce Elliott.

Post Members Honored for Long Service

A big part of the Post Birthday Celebration to be held at 7:30 prior to the Post Meeting on March 13 will be honoring those members who have been loyal in the membership to The American Legion and the Ames Post. Below are the members of the Post who have 50 or more years of continuous membership.

Merle Kropf	70 years	Avon Hall	69 years
Earl L. Wahl	68 years	Chauncey R. Alcott	66 years
Curtis E. Bauer	66 years	Merlyn D. Brown	65 years
Merle Eggers	62 years	Hugh Brady	59 years
Marion L. Miller	59 years	Kenneth J. Ries	59 years
Richard Hegland	57 years	John C. Kauzlarich	57 years
Stanley M. Peterson	57 years	Virgil W. Spear	57 years
Ted H. Hoff	56 years	Marvin L. Holland	56 years
Donald W. Johnson	56 years	Delmar B. Woodward	53 years
Delbert Lowe	50 years	Marion Eacret	50 years

Our Post is privileged to have such a group that have demonstrated their belief in the principles and programs of The American Legion. We thank them for their loyalty and strive to continue to make our Post worthy of them.



New Legion Family Members

The following members have joined our family since the last newsletter.

Tina Thompson	Dorothy Schumer
Sarah McClure	Donald Dobell
Arthur Bates	Chris Tilley
Tod Tilley	

We thank them for joining with us to support the four pillars of The American Legion and look forward to seeing them at the post.

Clubroom News

Well, it's that time of year again; St. Patrick's Day is fast upon us. St. Pat's Day is one of our favorite holidays of the year. Thank goodness that spring is just around the corner. We really appreciate those of you who have patronized the post this winter.

Join us Every Tuesday for a delicious Toasted Cheese Sandwich and a Cup of Soup for only \$3.

Annual Downtown Ames St. Pat's Pub Crawl-March 15th. The clubroom is once again participating in the annual downtown pub crawl. The crawl begins at 7pm and you can pick up your regis-

tration cards here in the clubroom. There will be drink specials all night long. Join us-you will have a blast!!

Tenderloin Basket night is Wednesday, March 19. Tenderloins will be served from 5-6:30pm. Whether you eat it here or take it to go, you can't beat this awesome meal for only \$6.00

Texas Hold 'Em is Friday, March 28. Play begins at 7pm. Have a great night of fun and friends.

Stop by the clubroom and check out our Happenings for the month's appetizer special, birthdays, and events.

Operation Comfort Warrior at Rodeo

The Operation Comfort Warrior logo is being seen regularly in the arenas of the Professional Rodeo Cowboy shows this year. Trevor Knowles, the 2012 Steer Wrestling Champion wears the logo and promotes the cause as he competes in event around the country.

On Feb 12-13 at the San Antonio rodeo,, 40 injured service members from Brooke Army Medal Center attended the rodeo courtesy of Operation Comfort Warrior and met with Trevor. He also toured the Medical Center and San Antonio's Fisher House.



Trevor is a member of SAL Squadron 77 in Oregon and is the son of a disabled Vietnam veteran, Jeff Knowles.

An article on the National website at <http://www.legion.org/troops/218536/ocw-rodeo-champion-fete-wounded-warriors> tells more about Trevor's promotion of OCW and the motivation that brought him to the Legion program. A youtube video is embedded on that page with Trevor talking about Operation Comfort Warrior. Other videos of Operation Comfort Warrior in action are also available at <http://www.youtube.com/playlist?list=PLB83477AD7164CD17>.

PTSD/TBI Survey



For the last two years, The American Legion has had a committee investigating the issues surrounding the signature injuries of the Iraq and Afghanistan wars, PTSD and TBI. One of the main areas being examined by the committee were the therapies and medications being used to treat those suffering from these two problems.

Complicating the treatment of course is the fact that most often TBI does not occur

alone but is in conjunction with PTSD.

The Legion has recently begun a on-line survey designed for those suffering from PTSD and/or TBI to learn more about the population. While the current emphasis is on the Iraq/Afghanistan group, the survey is not limited to them. Any veterans having a diagnosis of PTSD or TBI is encouraged to participate.

The survey results will be kept confidential and evaluated by Dr. Jeff Greenberg, an expert in the field. All results will eventually be destroyed.

If you suffer from PTSD and/or TBI, please go to <http://surveys.questionpro.com/a/1AKtnPZQqKR>. The survey runs through the month of February so please do not delay. Over 1,600 veterans have participated to date. Please add your experience to theirs.

CLUBROOM COUPON

**Any Tuesday in March
Present Coupon to get
2 drinks for the price of 1.
Cash Purchase Only**

Legion/Flag Trivia

What was the date of the first meeting of the American Legion?

Where was the first meeting of the American Legion held?

How many National Commanders of the American Legion have there been from Iowa?



Kudo Korner



Well done to the following Post members this month:

Jim Valentine,
Steve Malmquist,

Keven Brace, Stan & Tammy Hyer, Stan & Joyce Elliot, Sandy Deacon, Jim Tilley and Randy Freel for a fabulous February Steak Dinner; Sarah Schendel, Kathy Link, Andrea Gronau, Ken Woodley, Mike & Sandy Deacon, Michelle Sime, Kathy MacCrea, Hank Goettsche, Pat Kyle, Kay MacVey and Joan Schoenbaum for their superb efforts with the Building Fundraiser Brunch.

Trivia Answers

March 15-17, 1919

Paris, France

Five


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US POSTAGE PAID Permit 147 Ames, IA

LOOK INSIDE FOR COUPON

MARCH

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
 Find us on Facebook at American Legion Family of Ames, IA Post 37						1 STEAK DINNER 5:30-7:00
2 BINGO	3 LEGION RIDERS	4 TOASTED CHEESE TUESDAY \$3 AUXILIARY REGULAR 7:00	5 BINGO	6	7 MUNCHIES NIGHT	8
9 BINGO	10 BUILDING FUNDRAISING COMMITTEE 6:00	11 TOASTED CHEESE TUESDAY \$3 SAL REGULAR 6:30	12 BINGO	13 LEGION BRD 6:30 LEGION BIRTHDAY 7:30 MEETING 7:45	14 MUNCHIES NIGHT	15 MAIN STR. PUB CRAWL TEXAS HOLD-EM TO BENEFIT GILBERT FIRE DEPT
16 BINGO	17 ST. PATRICK'S DAY	18 TOASTED CHEESE TUESDAY \$3 PAST PRESIDENT'S PARLEY 7:00	19 TENDERLOINS 5:00-6:30 BINGO	20	21 MUNCHIES NIGHT	22
23 BINGO 30 BINGO	24 31	25 TOASTED CHEESE TUESDAY \$3 40&8	26 BINGO	27 SOCIAL COMMITTEE 6:00 OPERATIONS COMMITTEE 6:00	28 MUNCHIES NIGHT TEXAS HOLD-EM 7:00	29 BREAKFAST & BAKE SALE