

## 100 Miles of Hope for Veterans and Families

The American Legion is kicking off a program to raise funds to help veterans and their families that are barely hanging on during the COVID-19 pandemic. Ames has been fortunate that no one has contacted us yet about needing help but we know there have been many around the country.

They are receiving help through a Headquarters program called Temporary Financial Assistance. That program helps veterans with minor children have the financial help they need to provide for those children's basic needs. That fund needs cash to be able to continue.

The program to help find that cash is called "100 Miles for Hope". Participating individuals would commit to walking/running/riding 100 miles between August



3, 2020 and Veterans Day, 2020. A registration fee of \$30 per person would be charged.

For that fee, they would receive a branded T-shirt, pedometer for recording their miles and a sign to hold up for a selfie photo at the completion of their 100 miles. Approximately half the registration fee would be deposited into the Children's and Veterans Foundation to fund TFA.

The Ames Legion Family is planning an August 3 100 Miles for Hope kick-off event to cover the first of

the 100 miles. More information will be available through the weekly update and Facebook but mark the afternoon and evening of August 3 for that kick-off.

Your 100 miles can be accomplished any way you wish. Some of us exercise every day. The 100 days between August 3 and Veterans Day mean walking one mile per day. Some of us ride bicycles and motorcycles. It can be done in one day or several rides.

Remember that this event is to raise money to help the children of our comrades. Some of their parents are laid-off, others had their place of work close or had to close their own business.

We can help. Send an email to [amespost37membership@gmail.com](mailto:amespost37membership@gmail.com) and join us August 3 to get started on your 100 Miles for Hope for TFA.

## Junior Shooting Sports Equipment Upgrade

The members of the Junior Shooting Sports Club have been invited to the August 13 meeting to receive new equipment. That meeting starts at 7:30. All members of the Ames Legion family are invited to come and meet them.

The club has been using Daisy 853 rifles as pictured at the top. They will receive Daisy 599 rifles. The differences in adjustments are obvious but the big difference is the cocking lever is replaced by a compressed air cylinder.

Not having to cock the rifle reduces the energy the shooter uses and allows for higher scores. The original rifles were purchased from a memorial to Past Commander Arden Pommering. The new rifles are possible thanks to two anonymous donors combined with Post funds.

Join us on August 13 and meet the members of our club. We share sponsorship with the Izaak Walton League. They provide the range for the club.



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## Post Commander Jennifer's Comments

Hello! This past year as post Commander has been both amazing and frustrating! In my first article as Commander I outlined some goals for the building and membership.

We met one of those building goals and wildly exceeded the membership goal! Right now, I think it is best that we put the building upgrades on hold while we focus on keeping the doors open during the COVID-19 pandemic.

The 2021 membership year has begun and you all should have received a dues renewal notice in the mail or your email. Please renew as soon as you can!

You can mail or drop off a check at the post or renew online at [legion.org/renew](http://legion.org/renew). If you are having financial difficulties due to COVID or other reasons, please contact the post and we will do what we can to find a sponsor for your dues.

There are also programs nationally that you may qualify for. The post pays the dues of those Post 37 American Legion members that are currently deployed. If you or your loved one is deployed please let us know!

The fundraising letter that was sent to each household this summer has seen success, raising over \$17,000 to keep the post open! We are still accepting donations, either mail it to the post or if you prefer you can use PayPal. Just search [Ameslegionpost37@gmail.com](mailto:Ameslegionpost37@gmail.com).

We look forward to seeing all of you when you are comfortable returning to the post, until then please try one of our Wednesday night take out dinners! These dinners have helped a great deal in keeping our bills paid, if you have not tried one make plans to do that soon!

Many, many thanks to our manager Jodi and her team for all her hard work and long hours with these dinners! If

you see Jodi, please let her know how much we appreciate her!

We plan to participate in as many of the American Legion's programs as possible this year. Many of them do not involve large gatherings but recognize those members of our community that excel in their fields. If you know of an educator, police officer, fire fighter, or emergency dispatcher that goes above and beyond please contact us. We want to recognize them!

The 5<sup>th</sup> grade flag essay contest is another program that we can still participate in. More information on all these programs will be available soon, keep an eye on our Facebook page and the weekly update emails for updates.

I hope all of you are staying safe and healthy. When you are ready, I'll see you at the post!

## Unit President Sandy's Comments

First, an apology to Ames Squadron #37 for neglecting to thank them for the awesome gift of a new set of colors donated to the Unit. Thanks Sons. You are the best.

It's dues time. The first dues notice will be sent out in September. Why not get ahead of the game and pay your dues now. Senior members (18 and over) are \$30. And Junior members (birth to 18) are only \$5. Your dues help with many things:

Children and Youth projects such as Downtown Trick or Treat and donations to youth activities.

Community Service projects and donations

Education projects including purchase of patriotic books for the Ames Public Library and various elementary schools.

Girls State

Junior Camp and other Junior activities

And most important Veterans Affairs and Rehabilitation. Since we were not able to distribute Poppies this year, our funds for helping veterans are very low.

What can you do? Pay your dues now.

Send your check made out to Ames Unit 37 to the Post Home at 225 Main St, Ames, IA 50010.

Do you get the E-Newsletter from the Department of Iowa? It will be expanded to include articles from the chairmen of Department Committees of interest to all Auxiliary members. It's easy to sign up. Just hop on the Auxiliary's web page: [iowaala.org](http://iowaala.org). Go to the Publications tab to sign up and also read past posts.

Stay safe and cool. Be kind to yourselves and others. If you need assistance, contact me at [amesunit37@gmail.com](mailto:amesunit37@gmail.com)

## Squadron Commander Bob's Comments

The new Officers and the Executive Board were installed at the July 14<sup>th</sup> meeting of the Squadron. The next meeting of the Sons will be on August 11<sup>th</sup> at 6:30 pm.

Among the areas to be discussed will be what the Sons can do to assist the Post in raising funds for the American Legion supported national charities and local charities that we have supported in the past. Without Bingo, our funds are slowly being depleted and we need to do more for our veterans and those in need.

Last year our SAL squadron was forced to raise dues for dual members and Junior SAL members (those under 21)

due to an increase in the amount that is sent to the National organization.

Dues for dual members and those under 21 will be \$15.00 beginning with the 2021 membership year. Dues for those over 21 remain at \$45.

We are now accepting 2021 dues, mail them to the post or drop them off on your next visit!

Please keep the Armed Forces that are deployed in your prayers and in your heart.

## Who Is Deployed?

Commander Monserud mentioned that the Post will pay membership dues for any member that is currently serving and deployed. We need you to give us the names of those deployed?

We know of another post that honors their deployed members by printing their names each month in their newsletter. We would like to honor our deployed members, maybe not by listing their names but honoring them.

First we need to know who they are. If someone from your family or a neighbor is deployed, email us at [amespost37membership@gmail.com](mailto:amespost37membership@gmail.com) and let us know. We are depending on you.

## Clubroom News

The summer has just been flying by. If you feel comfortable getting out, stop and say hi to our new employees, Colten Christiansen and Alicia Nava.

We are still practicing social distancing and our increased sanitation in the clubroom to help keep everyone as safe as possible.

We will continue our Curbside meals on Wednesday's throughout August. Your support is greatly appreciated as we go through this difficult time.

Here's what we have planned in August:

**Wed. Aug 5-Ham Balls, cheesy potatoes \$8**

**Wed. Aug 12-Chicken Melt and fries**

**\$7 Choose between a Chicken Melt with swiss cheese and ham or Hickory Chicken with cheddar cheese, bacon and BBQ sauce.**

**Wed. Aug 19-Meatloaf, baked potato \$7**



Thanks to all who helped out at the post in the last month!! It is very much appreciated. Sandy Deacon, Mike Deacon, Tom

Fowler, Bill Donovan, Russ Belz, Vicki Belz, Addison Donovan, Ken Woodley, Chris Duncan, John Schomaker, John and Lynn Sellmeyer.

## Fair Food for You and Snacks for IVH



We know that with the State Fair being cancelled you might have to spend August with no Fair Food. We can help with that!

On August 26 our curbside meal will include some of your favorite fair foods. We can't promise that your personal favorite will be on the menu but we can guarantee that you will at least get a taste of the Fair this year.

Once we have the menu worked out, we will publicize it through the weekly update and the Facebook page. Make sure you put August 26 on your calen-

dar and come get your taste of the Fair.

While you get your Fair Food Fix, we will also be collecting snack donations to deliver to the Iowa Veterans Home. They are still in lockdown and the vending machines are empty.



You can see the range of snack items that were donated last time. They need all that and more for the residents. Lets make this snack drive the biggest yet. Those residents need our help.

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

## Legion Riders

We are continuing to enjoy the great days we've been given and we're all getting plenty of miles in. At our July meeting, we proudly presented Charter Member Jim Adams with a Legacy Membership, and Charter Members Everett and Marilyn Freel with Life Memberships. I would like to say a heartfelt congratulations to all of them, all as well as all of the other Charter Members for making the Ames Legion Riders what we enjoy today.

We will be the sponsoring group for the Friday, September 11th Bike night at R Place Pizza in Kelly, and this will be our fundraiser for the Chapter. We would love to see everyone come out and show your support of the Legion Riders as well as supporting a local business that is doing so much for the local community, the Legion Riders, and the area.

Hint, the Harley pizza and the tenderloins are incredible.

Our next meeting will be August 3rd at the post, stop in, and see what your riders are doing next!

Until then, let's all ride safe,

Cliff B.

President

## Be Informed and Entertained

The American Legion is moving further into the world of electronic communication with each passing week.

During our centennial year, an electronic anthology on the formation history and founding principles of The American Legion was created. The name of that video series is To Strengthen A Nation. That name was chosen because that is what The American Legion has helped accomplish, building a stronger nation.



The first of what is now 11 videos followed Jeric and Lorna as they explored the events

leading up to the founding of The American Legion. If you receive this newsletter by email, [click here](#) to go to that

series. Otherwise go to Legion.org and put To Strengthen A Nation in the search box to be taken to the series.

Now two new opportunities exist for you to learn more about the Legion and be entertained at the same time.



This year because of the COVID-19 pandemic, the annual membership workshop will be held virtually on

August 3-6. There will be two sessions each day with the agenda for the workshop [here](#). For those receiving this in print, go to the Department website, [ialegon.org](http://ialegon.org). The front page scroll has a link to the agenda.

Some of you are familiar with the meaning of the word podcast. The Legion now has our own podcast with three of the younger generation of veterans discussing the same issues that many of us are concerned about.



Mark Seavey (top right), Ashley Gorbulja-Maldonado (bottom left) and Jeff Daly (bottom right) regularly host the podcast with occasional guests. A new podcast comes out every other week.

[Go here](#) to listen to the podcasts or subscribe through your provider. The Legion site is named Tango Alpha Lima (guess why) so you can search Legion.org for podcast or for that.

AMERICAN LEGION POST NO. 37  
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LOOK INSIDE FOR COUPON MONTH

| <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<br><b>American Legion Family of Ames, IA Post 37</b> |   |   |   |   | 1          |
| 2                     | <b>3</b> 100 MILES FOR HOPE KICKOFF<br><br>LEGION RIDERS 6:30   | <b>4</b> TACO TUESDAY<br><br>AUXILIARY REGULAR 6:30 | <b>5</b> WINESDAY WEDNESDAY<br><br>CURBSIDE MEAL HAM BALLS                    | <b>6</b> DOLLAR DOG DAY<br><br>OPERATIONS COMMITTEE 6:00          | <b>7</b> FIREBALL FRIDAY<br><br>MUNCHIES NIGHT  | 8          |
| 9                     | 10  | <b>11</b> TACO TUESDAY<br><br>SAL REGULAR 6:30      | <b>12</b> WINESDAY WEDNESDAY<br><br>CURBSIDE MEAL CHICKEN MELT                | <b>13</b> DOLLAR DOG DAY<br><br>LEGION BOARD 6:30<br>REGULAR 7:30 | <b>14</b> FIREBALL FRIDAY<br><br>MUNCHIES NIGHT | 15         |
| 16                    | <b>17</b><br><br>VFW POST MEETING 7:00  | <b>18</b> TACO TUESDAY                              | <b>19</b> WINESDAY WEDNESDAY<br><br>CURBSIDE MEAL MEATLOAF                    | <b>20</b> DOLLAR DOG DAY<br><br>SOCIAL COMMITTEE 6:30             | <b>21</b> FIREBALL FRIDAY<br><br>MUNCHIES NIGHT | 22         |
| <b>23</b> / <b>30</b> | <b>24</b> / <b>31</b>   | <b>25</b> TACO TUESDAY<br><br>40&8                  | <b>26</b> WINESDAY WEDNESDAY<br>CURBSIDE MEAL FAIR FOOD & SNACK DRIVE FOR IVH | <b>27</b> DOLLAR DOG DAY  | <b>28</b> FIREBALL FRIDAY<br><br>MUNCHIES NIGHT | 29         |