

Ames Legion Family Saves A Life

David Zeisneiss, Gilbert Fire Chief (left) and Josh Bennett, Gilbert EMS Captain and owner of Iowa American Rescue (right) attended the June Post meeting to thank the Ames Legion Family for a donation.



The following story printed in Facebook by the Gilbert Department tells the story of that donation

On June 4th, the Gilbert Fire Department responded to a critically wounded motorcycle rider on Hwy 69. Tourniquets placed in service 7 hours earlier in the day from a donation were used to control bleeding on an open femur fracture.

The American Legion Family of Ames recently donated \$1000.00 to support the Gilbert Fire and EMS department in ensuring its medical equipment cache had necessary supplies. The donation was used to purchase

various medical supplies to ensure a fully stocked department, as well as purchase bleeding control tourniquets.

Iowa American Rescue, a local provider of CPR and First Aid training facilitated the purchase of the equipment. Because they are a vendor of trauma response and first aid equipment, they generously ordered the equipment at their cost vowing not to take a profit on any part of the donation. This partnership allowed the original \$1000 donation to be stretched to nearly \$1500 in emergency medi-

cal equipment and tourniquets.

Adding to the victims chances of a successful outcome were the actions of a Sandry Fire Supply employee who witnessed the accident and was able to use his skills as an off duty firefighter to provide immediate bleeding control prior to the application of the tourniquet. The generosity and preparedness of local community businesses and organizations coupled with the professionalism and rapid response of the Gilbert Fire Department led to a successful outcome. We look to this as an example of how everyone can grow their community bonds by taking care of the unmet needs of their neighbors and visitors. We are thankful for the assistance and are appreciative of the trust you place in us by allowing us to serve you in your time of need!

Post Officers Elected

Officers for the 2020-2021 year were elected at the June Post meeting. Installation of the Post officers will be held at the July 9 Post meeting. For safety reasons, we are not holding a joint installation this year.

Commander
 First Vice-Commander
 Second Vice-Commander
 Adjutant
 Finance Officer
 Service Officer
 Chaplain
 Historian
 Executive Board
 Phil Harris
 Keven Brace

Jennifer Monserud
 Denny Krogh
 Chris McClure
 David Rehbein
 Randy Freel
 Bob Bellinghausen
 Ricky Thompson
 Stanley Elliott
 Cliff Barker
 Randy Breyfogle
 Frank Andrew

Inside this issue:

Post Commander	2
Unit President	2
Squadron Commander	2
Clubroom Events	3
Legion Riders	3
Media Awards	3
Post Operation Update	3

Post Commander Jennifer's Comments

Hello, I hope all of you are beginning to enjoy your summer!

Elections were held in June and most of the 2020 officers are continuing in 2021, with a few new additions! If you are interested in serving on a Post committee, please let me know! There is always room for new faces!!

We won't be holding a joint installation this year due to COVID-19 and social distancing concerns. Post installation will be held on our regular meeting night during the meeting. Family and members are welcome to attend, installation will be first on our agenda at 7:30 pm on July 9th.

We were able to reopen the bar in

June and things are going well. We have continued with the Wednesday night dinners and I want to thank Jodi for all her hard work to help us keep going during the closure. Donations have been coming in and as of this writing more than \$14,000 has been donated to the post! This outpouring of support is overwhelming, I cannot thank the members enough for their generosity! We will not be holding BINGO for a while yet; these donations will go a long way to helping us keep the bills paid. Our hours are shortened and likely will be for the near future. You can stop in on Wednesday thru Friday, and on Sunday afternoons.

Membership renewal notices will be

arriving in your mailboxes soon for the 2021 membership year, we have set a big task for ourselves. Our successes in 2020 have set the bar high, I hope we will continue to grow but we can't do it without our members help. Please bring in your family and friends that are not yet members and let them see what we are all about! Without membership we cannot continue our programs and support to veterans and their families.

I sincerely hope that all of you are well and taking care of yourselves. When you are ready please join us at the post, we'll be waiting! I look forward to seeing you all and I am honored to be serving as Post Commander for another year.

Unit President Sandy's Comments

Congratulations to the newly elected officers of Ames Unit #37:

President Sandy Deacon
 1st Vice President Rachel Breyfogle
 2nd Vice President Kelli Hitsman
 Secretary Ann Rehbein
 Treasurer Marilyn Nervig
 Chaplain Keri Guy
 Sergeant-at-Arms Jamie Barker
 Executive Board: Sharon Mott
 Sharon Bellinghausen Pat Kyle
 Joyce Elliott Jan Schmidt

Installation of Officers will be held at our regular monthly meeting on July 7th at 6:30 pm. All Legion Family and friends are invited.

As we start our new year, I would like to hear from Auxiliary members regarding what matters to you? Is there a program you would like to assist with? Is there a speaker that you think would bring us a good message? Let me know what's on your mind. You can email amesunit37@gmail.com.

We will be scheduling a Budget meeting for sometime in July. Start thinking now about where you think we should concentrate our funds.

Stay safe and be good to each other.

President Sandy

TOGETHER WE GROW

We have seen almost a magical year in membership this year. Just check the numbers below

	Goal	Final	Difference
Post	491	521	+30
Unit	260	279	+19
Squadron	203	213	+10

How often have you heard or read about Legion family membership declining or about The American Legion being a dying organization? Rest assured, that is not happening in Ames.

Thanks to our leadership and to our dedicated members, this was a year unlike any we have seen in a long time. Think back on what your Legion family accomplished this year; the blood drive early last fall, the family play day in January, the snack donation for the folks at the Iowa Veterans Home.

And much of that was done in the teeth of the COVID-19 pandemic this spring. And meanwhile, The Ames Legion family continues to supply leadership to the District, Detachment and Department.

Dying organization—NOT HARDLY. Thanks to you, we are leading the way, looking forward to another great year to come.

Squadron Commander Bob's Comments

Hoping everyone is healthy and happy. At the last meeting of the Sons of the American Legion an election was held for the 2020-21 year. The present slate of officers agreed to remain for the next year with one exception. The Officers for next year are:

Commander Bob Bellinghausen
 1st Vice Cmdr Mike Deacon
 2nd Vice Cmdr Doug MacCrea
 Adjutant Keven Brace
 Chaplain Roger Elliott
 Sergeant-at-Arms Russ Belz
 Finance Officer Randy Freel

Executive Board Stan Elliott
 Mike Monserud Cort Paul

At the last meeting of the American Legion Auxiliary we presented them with a new Auxiliary banner and flagpole. Have a safe and fabulous 4th of July and stay healthy.

Congratulations to Detachment Commander Mike Monserud. Under his leadership, the Detachment has again achieved the illustrious Triple Nickel Award. This is the 5th time for Iowa. Iowa was the first to achieve that award and is the only Detachment to reach it five times.

Clubroom News

Greetings from the clubroom! Well after a couple of months the clubroom has finally reopened. We are so excited to see everyone again. We are still operating with limited hours and days and will adjust that as business dictates. Please check our facebook page and weekly update e-mails on updates on our hours. We will continue to do our "Curbside Meals" on Wednesday nights. We know some people are still not comfortable coming out and want to offer something for everyone. We want to thank everyone that has continued to support us during this time. We appreciate everyone that has donated money, stopped in and ordered a curbside meal. Every little bit helps us keep the bills paid and the lights on.

Here is our Curbside menu's for July:

July 1-Chicken Enchilada's \$7, Southwest Chicken Salad \$7, Walking Taco's \$4

July 8-Lasagna, dinner salad and roll \$8 Creamy chicken pasta, dinner salad and roll \$8

July 15-Burger night \$6-Check our facebook page and weekly updates for different burgers available

July 22- Tenderloin Night \$7, Big Boy Tenderloin (tenderloin topped with ham and cheese) \$8, Club sandwich and fries \$7

July 29-Pork chop, baked potato, green beans \$8, Butterfly Shrimp, baked potato, green beans \$8, Chicken Fried Steak, mashed potatoes and gravy and green beans \$8.

Call the clubroom anytime after 3pm on Wednesday's to place your order for pickup after 5pm.



Thanks to all the volunteers that have helped cover the bar and helped make the meals possible. Sandy Deacon,

Mike Deacon, Joan Schoenbaum, Tom Fowler, Julie Rinard, Vicki Belz, Russ Belz, Andrea Gronau, Jo Kelly, Jamie Barker, Bill Donovan, Addison Donovan, Ken Woodley, John Schomaker.

Media Awards—Ames Wins 3 of 4 Categories

We have been notified that we have been chosen in first place for three of the four categories of post publications for this year. The Post will receive awards for single sheet publication, e-mail newsletter and social media communication. Normally the plaques for these awards would be presented at the Department Convention.

The editors are proud to be recognized for their work but they know that the activity of the Ames Legion Family makes their job much easier by giving them so much material to work with. Thank you to all those make our Legion family the great group it is.

Update on Post Operations

We continue to operate under the restrictions ordered by Governor Reynolds to combat the COVID-19 pandemic.

The clubroom is open but operating under reduced hours. The clubroom is open Wednesday and Thursday from 3-8 PM and Friday from 3-9 PM. We are also open Sunday from 1-6 PM.

Meals are available on Wednesday evenings, primarily as take-out. We do not encourage coming to the clubroom just to eat. Please call in your order and take your meal home. The menu for each Wednesday in July is listed in the Operations column of this newsletter.

COVID-19 update

During the hours that the clubroom is open, we ask our patrons to

observe the social distancing guidelines. We have arranged the bar stools and tables to help with that.

Bingo has not yet restarted. We have spoken with several of the bingo halls in the central Iowa area. At this time, none of them have reopened. The pandemic restrictions make reopening difficult.

We are holding meetings on our normal schedule but asking the attendees to observe social distancing and encouraging wearing of masks.

We ask your patience as we work toward normal operation. Please be safe.

CLUBROOM COUPON

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

Legion Riders

Well, let's admit that so far 2020 has certainly dealt us some strange circumstances. The Legion Riders though have been busier so far than anyone would have imagined. From troop sendoffs, to birthday and memorial drive-by functions, Memorial Day escorts, and many other rides have had us building up the miles. Recently we met with a new riders Chapter from Stuart to ride together to the Freedom Rock in Menlo. This was proposed by some of our members to be a potential yearly gathering for Riders Chapters from all over. While we were there, and totally by chance, we met 4 riders from Kansas whose whole purpose was to "see The Rock". Plans are in motion for 2021, so mark your calendars for the first Saturday after Memorial Day. We can't wait to see who makes the trip next year!

We've resumed our regular meetings at the post, as well as our Dinner and Breakfast ride schedule, keeping the destinations flexible for now as we slowly see more and more places open for dine-in seating. Sadly though, we've had to postpone our 2nd Annual Show and Shine planned for the IVH this year until 2021.

We were to be the sponsoring group for the May 8th Bike night at R Place Pizza in Kelly, and this was going to be our fundraiser for the Chapter. Due to the restrictions at the time, it has been rescheduled to Friday, September 11th. We would love to see everyone come out and show your support of the Legion Riders as well as 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 July 6th at the post, stop in and see what your riders are doing next!

AMERICAN LEGION POST NO. 37

225 Main Street
Ames, IA 50010

RETURN SERVICE REQUESTED

NON PROFIT ORG
US POSTAGE
PAID
Permit 147
Ames, IA

LOOK INSIDE FOR COUPON

JULY

<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 WEDNESDAY WINESDAY CURBSIDE MEAL CALL AFTER 3 PICKUP AFTER 5	2 DOLLAR DOG DAY	3 FIREBALL FRIDAY MAIN STREET FLAGS UP AT 7 AM	4
5 MAIN STREET FLAGS DOWN AT 5 PM	6 LEGION RIDERS 6:30	7 AUXILIARY REGULAR 6:30	8 WEDNESDAY WINESDAY CURBSIDE MEAL CALL AFTER 3 PICKUP AFTER 5	9 DOLLAR DOG DAY LEGION BOARD 6:30 REGULAR 7:30	10 FIREBALL FRIDAY MUNCHIES NIGHT	11
12 DINNER RIDE 209 MAIN PATON KSU AT 4:30 POST LOT	13	14 SAL REGULAR 6:30	15 WEDNESDAY WINESDAY CURBSIDE MEAL CALL AFTER 3 PICKUP AFTER 5	16 DOLLAR DOG DAY	17 FIREBALL FRIDAY MUNCHIES NIGHT	18 BKFST RIDE SUNRISE CAFE- KSU AT 4:30 THEISEN'S
19	20 VFW POST MEETING 7:00	21	22 WEDNESDAY WINESDAY CURBSIDE MEAL CALL AFTER 3 PICKUP AFTER 5	23 DOLLAR DOG DAY OPERATIONS COMMITTEE 6:00	24 FIREBALL FRIDAY MUNCHIES NIGHT	25
26 DINNER RIDE ZENO'S PIZZA KSU AT 4:30 POST LOT	27	28 40&8	29 WEDNESDAY WINESDAY CURBSIDE MEAL CALL AFTER 3 PICKUP AFTER 5	30 DOLLAR DOG DAY	31 FIREBALL FRIDAY MUNCHIES NIGHT	