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**Unit President: Sandy Deacon**  
**Squadron Commander: Bob Bellinghausen**  
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[www.alaforveterans.org](http://www.alaforveterans.org)  
[www.sal.legion.org](http://www.sal.legion.org)

# Ames Legion Family In Action

## American Legion—Veterans Strengthening America

The American Legion is beginning our second century with a clearer definition of our vision, mission and principles. That definition is contained in Resolution #5 passed in an email vote of the National Executive Committee and Resolution #38 passed at the October 2020 National Executive Committee Meeting.

The Vision Statement reads: **The American Legion—Veterans Strengthening America.**

We implement that vision with the following Mission Statement: **To enhance the well-being of America’s veterans, their families, our military, and our communities by our devotion to mutual helpfulness.**

In order to accomplish that mission, we need to understand what the values are that set the principles that we live by.

**A VETERAN IS A VETERAN** – which means The American Legion embraces all current and former members of the military and endeavors to help them transition into their communities.

**SELFLESS SERVICE** – which means The American Legion celebrates all who contribute to something larger than themselves and inspires others to serve and strengthen America.

**AMERICAN VALUES AND PATRIOTISM** – which means The American Legion advocates for upholding and defending the United States Constitution, equal justice and opportunity for everyone and discrimination against no one, youth education, responsible citizenship and honoring military service by observing and participating in patriotic and memorial events.

**FAMILY AND COMMUNITY ENGAGEMENT** – which means The American Legion meets the unique needs of local communities.

**ADVANCING THE VISION** – which means The American Legion educates, mentors and leads new generations of Americans.

**HONORING THOSE WHO CAME BEFORE US** – which means The American Legion pays perpetual respect for all past military sacrifices to ensure they are never forgotten by new generations.

Does this mean that the Four Pillars that we lived by for our first century are gone? Not at all, this is simply a clearer definition of the principles those four pillars stand for. A careful reading will find everything that was done under those four pillars to be present in the set of principles outlined above. You will see these principles embodied in everything the Ames Legion family has done and will do.



### Free Meal for 2021 Family Members

The annual early bird membership dinner will be held this month on Wednesday Nov. 11th. It will be a drive through meal in place of our regular Wednesday night dinners. This free meal offer applies to everyone; Legion, Auxiliary and Sons.

We will be serving chicken and noodles, or beef and noodles and it will be FREE to everyone who has paid their dues! We ask that you RSVP by Monday November 9th so we can verify that your dues have been paid and to make sure we have enough food!

You can RSVP by emailing us at [amespost37membership@gmail.com](mailto:amespost37membership@gmail.com) or by sending us a message on our Facebook page. We want to thank our members for their dedication to the post, please join us! Meals are still available for order for those whose dues are not paid or non-members. You can choose to pay your dues that evening and still get the free meal!

#### Inside this issue:

Post Commander	2
Unit President	2
Buddy Check Legislation	2
Be Sure to Vote	2
Clubroom News	3
Legion Riders	3
Membership Update	3

## Post Commander Jennifer's Comments

Hello! This month is the post's annual early bird dinner, see the article elsewhere in this newsletter for details!



The post will be putting out flags in observance of Veteran's Day on Sunday, November 8th at 4PM. They will remain up all week and we will take them down on Friday, November 13th at 5PM. Please

consider helping on one or both days, we always need it! There isn't a city observance this year due to COVID-19 so we won't be serving lunch as we usually do.

The holidays are approaching, many veterans and members have been affected by the many difficult times in 2020, from COVID to the derecho. The

gift of membership is a great way to show your appreciation for the veterans in your life. Contact me at [amespost37membership@gmail.com](mailto:amespost37membership@gmail.com) and I can help you sign up your friend or loved one. There will also be opportunities to sponsor memberships for our existing WWII and Korea veteran members. More information will be available on our Facebook page soon!



We are beginning to talk about restarting BINGO. There are a lot of unanswered questions and hurdles to jump right now. Please bear with us and be patient while

we work out the new procedures and rules. We will have limited seating with a specific room layout, and we will likely only hold BINGO once a week in the beginning. Look for more details in the

December newsletter.



The post is again holding the 5th Grade Flag Essay contest. If you have a 5th grade child, grandchild, or even neighbor please encourage them to participate. The essay must be 300 words or less (shorter than this article), double spaced with 12-point font, and the students own words and effort. Please have entries to the post in Ames no later than December 10th. Full rules and an application form can be found on the Department of Iowa website at <https://www.ialegion.org/flag-essay/>.

I want to thank each one of you for your service to this country and your continued service to the community and the post. Enjoy Veteran's Day and have a very happy Thanksgiving!

## Unit President Sandy's Comments



**I'm Thankful.** I'm thankful for my Father who was a bombardier in World II. He gave me my eligibility for the American Legion Auxiliary. I'm thankful for my Mother who was our Junior leader and taught me so much about our organization. I'm thankful for my Brother who served in Viet Nam and was affected by Agent Orange. I'm thankful for my American Legion Family who accept-

ed me when I moved to Ames and supported me in what I wanted to accomplish. I'm thankful for all of our Veterans who served this great Nation and secured our freedom. Please take a moment to think about all the blessings that you are thankful for.

As we turn our thoughts to the coming months, we need to remember that our American Legion Family can only stay strong if we continue to support our organizations with our membership

dues. The Auxiliary's first dues notice went out in mid-September. Many of you promptly sent in your check right away. But some of you must have laid that notice aside for one reason or another. Please find it and send in your dues today. We need you. Even if you can't come to our meetings your membership is important.

Have you started your holiday shopping yet? Why not give packages of our Nuts and other treats? You can shop online by going to this website and placing your order:

<https://AmesIowaUnit37ALA.terrylynncare.com>

Don't forget our Curbside Meals on Wednesdays. Great meals, reasonable prices, and the best parts are you don't have to cook, and you are supporting our Operations Committee which is charged with keeping the Clubroom open and paying the bills.

Wishing you a Happy Thanksgiving. Hope you can celebrate with Family and Friends. Stay safe and be good to each other,

## Proposed Buddy Check Legislation



The American Legion's Buddy Check has become the subject of proposed legislation to help combat the epidemic of suicide in the American veteran population.

Sens. Joni Ernst, R-Iowa, Doug Jones, D-ALA and Maggie Hassan, D-N.H. are co-sponsors in a bipartisan effort to pass legislation aimed at combatting veteran suicide. The bill is modeled after The American Legion's "Buddy Check National Week of Calling" to connect veterans to better ensure that they receive the care they need.

The legislation will require the Department of Veterans Affairs to establish a

"Buddy Check Week" as well as provide educational opportunities, materials and references for veterans to learn how to conduct personal wellness checks. Additionally, the bill compels VA to expand resources for the Veterans Crisis Line to handle any potential increased usage during the designated week.

National Commander Oxford registered strong support for this proposed legislation saying "Our most sacred responsibility as a nation is to care for our fellow men and women who have served this nation with honor. We strongly support legislation that expands this program to VA."

The proposed legislation is S4657/HR2898. Please voice your support.

## Make Sure You Vote

November 3 is Election Day. Make sure you vote. Many have already voted, either through absentee or an early voting station. For those that have, THANK YOU! Everyone should vote.

Every member of The American Legion has spent time away from home and family guarding the freedoms that we enjoy. With those freedoms comes responsibility, the responsibility to vote.

It takes time and it takes effort to vote but that vote is important. Don't waste it! Some say they don't care and that it doesn't matter either way. Many of us spent time in countries where those people said it didn't matter and then it turned out that it really did matter.

We know veterans & their families vote because we know that our vote matters.

## Clubroom News

The Holiday season is fast approaching and I know many of us are looking forward to putting 2020 behind us. Since November is a time to look back and think about what you are thankful for, we would like to thank all of you. This has been a hard year with all that has gone on but we are going to make it through. That would have not been possible without everyone that has helped out by donating time, money, skills, and support. Thank you to all that have continued to make our curbside meals a success! Hope everyone is staying healthy and safe!

### Curbside Meals:

Wed. Nov 4-Ham Balls, cheesy potatoes, corn and roll \$8

Wed. Nov 11-Early Bird meal

Wed. Nov 18-Fried Chicken, mashed potatoes and gravy, green beans, roll \$8

Wed. Nov 25-Tenderloin Basket and fries \$7

Call the Post anytime after 2pm on Wednesday to place your order for pickup. 232-9870. You may also message us on Facebook or order in the clubroom earlier in that week.

**Thursday, November 26 Clubroom Closed-** Happy Thanksgiving!!

**Friday, November 27 the Clubroom opens at 3pm. We will open earlier depending on when the kickoff is to the ISU vs Texas football game.**

Don't forget that we have a little something for everyone!! We would love to see you whenever you feel comfortable coming in.

**Monday- Weekly Drawing-** Once a week, drop your dollar into the wishing well and enter for a chance to win up to \$500.

**Toasted Cheese Tuesday-** Enjoy a toasted cheese sandwich and a cup of soup for only \$4.00

**Curbside Wednesday-See menu above. Also checkout our Facebook page for any additions we make to the menu.**

**Thirsty Thursday-**Featuring \$1 Hot Dogs and \$2 Domestic Bottles

**THANK YOU** Russ and Vicki Belz, Mike and Sandy Deacon, Ken Woodley, Gary Freel, Julie and Dennis Rinnard, Bill Donovan, Tom Fowler, Colten Christiansen and Rodger VanVoorhis.



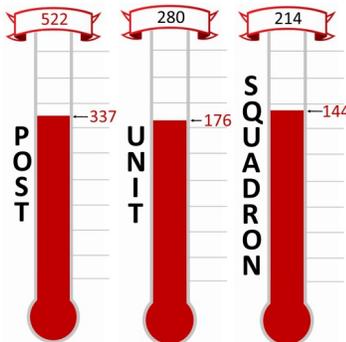
## Membership Moving Upward

Each of the membership thermometers is moving up. Each of the three Legion family groups is over 60% of the way to their membership goal. What a great start!

There is an article on the front page about a free meal for everyone who is holding a paid 2021 dues card. That is just one small thing we can do to thank your for caring enough to be a member of the Ames Legion family.

All three groups exceeded their membership goals last year. Can we do it again? Only with your help.

Why should we do it again? You saw the list of awards that Ames Post #37 won last year. We think it was nearly unprecedented for one Post to take home all that hardware. Why did it hap-



pen? Because our officers cared enough to Do the work required and because you cared enough to keep your membership current.

Let's do the same thing this year but let's get the Unit and Squadron with an equally impressive list of awards.

It's not just how many members we have that matters, it is how much those members care that really matters.

Our Legion family has stayed alive and healthy through some tough times in the last 6 months. It is because you cared that we were able to do the work and keep our programs and clubroom strong to achieve those awards. Thank you for caring but please continue to care. Renew now if you haven't already.

**CLUBROOM COUPON**

**Any Tuesday in November**

**Present Coupon to get**

**2 drinks for the price of 1.**

**Cash Purchase Only**

## Legion Riders

Well, the snow came a little early this year and my thoughts are turning to storage prep. We did have a few riders take advantage of some of the better days this month to ride escorts and stand flag lines, some of us still venturing out for dinner and breakfast rides when possible.

Even so, the inevitable Iowa winter will be in full force soon. Newer fuel injected bikes normally take less care than the older carbureted engines, but no matter your skill level, keeping a full tank with an added fuel stabilizer and an automatic battery tender or charger on the battery will keep your ride ready when we get those occasional warm clear days. Remember that tire pressures can and do drop in colder weather so be sure to check them often.

Keep your head up and be aware if you do ride though, weather changes fast and there are fewer bikes out now. Drivers may be getting out of the habit of looking for you.

Our November meeting will be the opening of officer nominations before the December elections. Dues begin in January and now is the time to consider joining us. We're at 41 members for 2020, and we'd love to get over the magic 50 mark for 2021!

As always, ride often, and ride safe!  
Cliff B.

## Last Minute Nut Orders



Your order with Terri Lynn for the Unit fundraiser must be placed by November 3. You can order through the Unit using the order form in the October newsletter or you can order online. That address is

[AmeslowaUnit37ALA.terrilynn.com](http://AmeslowaUnit37ALA.terrilynn.com).

Online orders will be shipped directly to the buyer. The shipping charge will be \$5 regardless of the order size.

Don't wait until the last minute. Place your order today.



**MEMBERSHIP IS EVERYONE'S RESPONSIBILITY**



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LOOK INSIDE FOR COUPON **NOVEMBER**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 LEGION RIDERS 6:30	3 TOASTED CHEESE & SOUP ELECTION DAY AUXILIARY REGULAR 6:30	4 WEDNESDAY CURBSIDE MEAL BURGER NIGHT	5 DOLLAR DOG DAY OPERATIONS COMMITTEE 6:00	6 FIREBALL FRIDAY	7
8 DOWNTOWN FLAGS UP 4PM	9	10 TOASTED CHEESE & SOUP SAL REGULAR 6:30	11 WEDNESDAY CURBSIDE MEAL CHKN/BEEF & NOODLES-FREE TO PAID 2021	12 DOLLAR DOG DAY LEGION REGULAR 7:00	13 FIREBALL FRIDAY DOWNTOWN FLAGS DOWN 5PM	14
15	16 VFW POST MEETING 7:00	17 TOASTED CHEESE & SOUP PAST PRESIDENT'S PARLEY 7:00	18 WEDNESDAY CURBSIDE MEAL FRIED CHICKEN	19 DOLLAR DOG DAY SOCIAL COMMITTEE 6:30	20 FIREBALL FRIDAY	21
22	23	24 TOASTED CHEESE & SOUP 40&8	25 WEDNESDAY CURBSIDE MEAL TENDERLOIN	26 DOLLAR DOG DAY THANKSGIVING CLUBROOM CLOSED	27 FIREBALL FRIDAY	28
29	30	 Find us on Facebook at <b>American Legion Family of Ames, IA Post 37</b>				