

Ames Legion Family In Action

Ames Legion Family Feeds Iowa Veterans Home Family

With the initial leadership of the Ames American Legion Auxiliary Unit, the Ames Legion family has made three trips to deliver donated snacks to the residents of the Iowa Veterans Home.

With the restrictions on the Veterans Home caused by COVID-19, the company that takes care of their snack machines was no longer allowed on the grounds. With that, the residents lost those few minutes of pleasure that come from your favorite daytime or evening snack.

The Ames Unit set up a collection of donated snacks during one of the Wednesday curbside meals. You can see part of the donation below.

It took two vehicles to deliv-



er the donated items from that first event to the residents at IVH.

A few weeks later, those snacks were gone. Another donation event was held with the Legion family coming through again. In late August a third collection was done.

This time when the delivery was made, IVH Commandant Timon Oujiri was there to help unload and thank the Ames Legion family. He is shown along with Randy and Rachel Breyfogle and Mike and Sandy Deacon. That third donation brought the total value to over \$10,000.



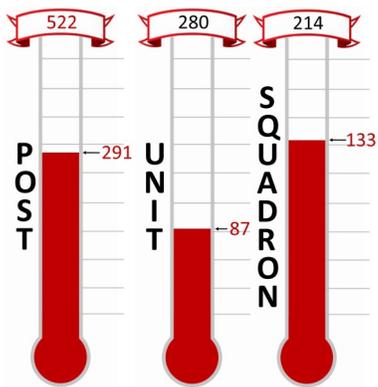
The financial part of the do-

nation may not be the most important though. Commandant Oujiri thanked the Ames Legion Family for their generosity, saying, "these snacks, these donations make the day and the week of our residents". He went on to say these donations "filled a huge, huge void at the Veterans Home."

He said these donations show the residents that "they have an outside connection ... that they are remembered by their communities out there and their fellow Iowa citizens".

We don't know how long the COVID-19 restrictions will last, whether another donation event will be needed. But if it is needed, remember that this is about so much more than just the taste of the candy bar or the Little Debby snack, it is about remembering our comrades and helping to brighten their day.

Legion Family Membership Progress



The Legion Family's membership campaign is moving well, Both the Post and Squadron are over half way to their goal. The Unit is not that far along but their renewal notices just came out so those 87 all sent dues without needing that reminder. That's loyalty! We expect them to move up quickly now.

The story above is just one example of the Ames Legion Family's work and why you should be a member. Read the Commander's column and take a look at the awards that we won last year in the Post. You belong to a great Legion Family. Make sure

you keep that membership active and keep helping your Legion Family keep our status as the best in the state.

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Post Commander Jennifer's Comments

Recently a Facebook post from the Iowa Department was shared on our family Facebook page, it summarized the awards that would have been presented at the 2020 department convention had it been held in July. The Ames post was mentioned NINE times!!

We were recognized in the following categories: Community Service, Best program in our population category as well as the Educate America Award for our Academic Awards program. The 2020 Department Educator of the Year was nominated from the Ames post, it is Byron Tinder, band teacher at Gilbert High School.

Three Press Association awards were given to Ames, the printed multi sheet, electronic newsletter, and website (our Facebook page).

Ames also earned the Service Club membership trophy, the Commanders Membership Sweepstakes 1st place winner, and the Spafford District Mem-

bership Trophy.

Many, many thanks to those that helped us to earn those awards, that includes all of you! Just by paying your dues you have helped us excel! The editor of this newsletter, Dave Rehbein, deserves extra thanks. It takes a lot of work to write, assemble, and edit this newsletter each month. Make sure he knows you appreciate all his work next time you see him!

Annually we hold a Fifth Grade Flag Essay contest, to develop a deeper knowledge and appreciation for the United States Flag. The rules are simple, submit a one-page document, 300 words or less, double-spaced, 12-point font reflecting the student's perspective on what the flag represents to them using facts from the US flag code. Have your fifth grader send their entry to me at the post, be sure to include contact information! If chosen as the post winner, the essay will be sent on to

the county and maybe the district and department for their contests as well!

Recently we became aware of some out of date contact information for some members, if you have moved recently or changed your phone number make sure you let us know so we can update our records. Also, if you are a snowbird and receive your bulletin by mail let us know when you leave and plan to return so we can make sure your bulletins reach you! You can email amespost37membership@gmail.com or call the post.

Last month the final reading of the proposed Post By-Laws was approved. The major change was to remove the executive board monthly meeting and to move the Post meeting to 7PM. Please join us on the second Thursday of each month, all members are welcome!

Have a great October! When you are ready, I will see you all at the post!

Unit President Sandy's Comments

Happy Fall. Yes, even with all that is going on in the world today, we have many things to be happy about. Our American Legion Family is still standing for our Veterans, our Children and Youth, and our Communities. We are proud of our heritage and honor those veterans who, through their service and sacrifice, gave us our eligibility to the American Legion Auxiliary. Have you paid your dues yet? There is no better way to honor that Veteran who gave you your eligibility, than to continue to pay your dues.

Have you signed up a new member? Surely there is a family member or friend who is eligible. Why not talk to

her or him about joining our great organization. If you don't have an application, stop by the clubroom and pick up one.

Shout out to our Club Manager Jodi and her fearless band of men and women who continue to serve Curbside Meals every Wednesday. The food is delicious. All you have to do is call ahead to order, then drive by to pick up. What could be easier? Have you taken advantage of this yet? If so, thank you. You are helping to support our American Legion Family. If not, why not? The menu for October is included in the Club Room section of the Bulletin, and is posted on our Facebook page every

week.

We adopted our Budget for 2020-2021 at our last meeting. Our inability to distribute poppies, hold Bingo, and serve Steak Dinners every month has left us short on money to fulfill our mission. We brainstormed fundraising ideas, so look for some new or modified opportunities in the next few months. If you have an idea for us, please email amesunit37@gmail.com

Don't forget to keep track of your volunteer hours. We all do something for veterans, our community or our children. Write it down on your calendar. We will be asking for those hours next spring for our Annual Report.

Unit Annual Nut Fundraiser



Enclosed or attached you will find the annual nut fundraiser information. The Unit will only be ordering to fulfill these orders and will not have extra nuts as in past years. Please order

everything you might want now so you won't be disappointed later. You can also order online anytime at AmesIowaUnit37ALA.terilynn.com.

Thank you for your support of this fundraiser. It is greatly appreciated and the funds will support our programs especially in this time of COVID-19. Many of our fundraising programs could not be done this year. If you purchase through this program, not only will you get a great product but you will be supporting the programs that mean so much to our veterans and our community. Don't wait, place your order today.

Outstanding Record at Veterans Home



You read the story on the front page of the Ames Legion Family's donations to the residents of the Iowa Veterans Home but there



is another story of the Home that needs to be told. That is the story of the outstanding work being done by the staff there.

Our nursing and senior homes have been hit hard by COVID-19 with many deaths recorded. That is not the case at IVH. Thanks to the great work by every member of the staff, the Iowa Veterans Home has experienced NO DEATHS attributed to the virus.

Remember that IVH is one of the largest nursing homes in the state with 550 residents there. Protecting them has taken constant vigilance by the staff, not just every day but every minute. They deserve the thanks of every citizen of Iowa for protecting our comrades.

Clubroom News

Fall has arrived and with that means football! If you feel comfortable getting out and want to watch with friends stop into the clubroom. We will have both big screens on with lots of space to ensure social distancing.

The clubroom will open early or stay open later if the Cyclones play outside of our normal hours. We are still not doing our normal monthly meals but will continue to do the Curbside pick up on Wednesday's. Keep us in the back of your mind if you need a night off from cooking.

In addition to that and our normal clubroom menu we have added special sandwiches on weekends for more options. Things have been tough so we want to thank everyone that has continued to order on Wednesday's and have helped support the clubroom.

Every little bit helps and we greatly appreciate it. Whenever you feel safe we would love to see you in the clubroom or in your car when you pick up a meal.

Here is this month's Curbside menu:

Wed Oct 7-Chicken or Beef and Noodles served over mashed potatoes. \$7

Wed Oct 14-\$6 Burger Basket or \$6.50 Cheeseburger Basket

Wed Oct 21-Lasagna, garlic bread and side salad \$8

Wed Oct 28-Hot Beef Sandwich \$8

Check out our weekly email updates and our Facebook page for menu updates.



Thanks to everyone that volunteered this last month. Tom Fowler, Russ and Vicki Belz, Dave and Ann Rehein, Jennifer

Monserud, Devin Von Querner, Julie and Dennis Rinard, Bill Donovan, Addison Donovan, Jamie Barker, Mike and Sandy Deacon and Ken Woodley.

CLUBROOM COUPON

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

Legion Riders



Well, Labor Day is behind us and the sun is setting a little earlier every day now. The mornings are a bit cooler too but there is still plenty of riding to be done this year. In August, your Riders completed their "100 Miles for Hope" challenge by riding to Carroll for breakfast and taking a leisurely ride back through the countryside to the endpoint, the Boone County Freedom Rock.

We made a stop before a dinner ride to present Keith Harvey his "Legacy Membership" card, rode in a benefit ride for Parkinson's disease, attended troop sendoffs, stood for Patriot Guard missions, and last but in no way least your Riders, together with the Patriot Guard provided the escort for a past member, Roy Young. With his nephew wearing his Riders vest we were asked to be pallbearers and were then asked to present the flag to his family.

The COVID restrictions caused us to cancel the bike night at R Place in Kelly for this year, but we are working with them on a plan for a 2021 date.

New for 2020 is a working partnership with Wreaths Across America. This year the Riders will be placing 7 Christmas wreaths at Ames cemetery on December 19th. A wreath for our Country, a wreath for our POW-MIAs, and one for each branch of service. More details will follow but the goal is for the Riders to be able to raise enough money and volunteers to place a Christmas wreath on every Veterans grave in the three Ames cemeteries in 2021 and beyond.

Until next month, ride often and ride safe,

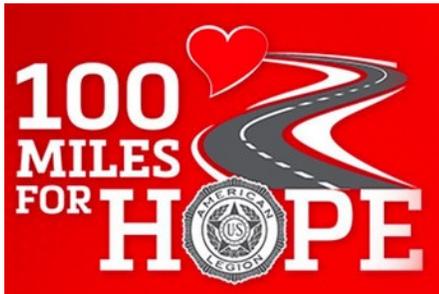
Cliff B.

Halfway to 100 Miles for Hope

National Commander Oxford reminded us today that we are halfway through the 100 days for the 100 Miles of Hope.

That program is raising funds for the Veterans and Children Foundation but is also hoping all of us stay healthy through the COVID-19 problem by providing us with exercise.

Go to legion.org/100miles and register. For \$30, you will receive a T-shirt for the program and a sign to hold up for pictures when you complete your 100 miles. The remainder of the fee will go to the Foundation to help provide essential items for the children of needy veterans.



Commander Oxford has completed 87 miles. Your editor is halfway there with 50 miles. Others have done the entire 100 miles some by motorcycle or bicycle, other by running.

A 75 year old Navy veteran who uses a wheelchair is doing his 100 miles by swimming. Another veteran is traveling by kayak for the 100 miles.

Whichever method you choose, be assured that the registration fee is going to a good cause and will help a veteran's family with necessary expenses so that the children have a warm, safe place to live with food to eat and clothing to wear. Start your 100 miles soon.

SAL Wins National Awards

Detachment Commander Mike Monserud led Iowa to a number of National Awards last year. Commander Monserud and Iowa are to be highly congratulated for their work.

Iowa was one of two Detachments to be reach Triple Nickel Award level with 105.6% of goal, 8 new squadrons and over 92% renewal.

Iowa was the first Detachment to reach quota in the Central Region and had the

highest renewal rate in that region with 92.45%. They also won the Arthur Houghton Trophy in Category III for the greatest increase in membership.

Their fundraising achievements were also outstanding, being the highest per capita Detachment in the Central Region with \$0.98 per capita for the Child Welfare Foundation and \$0.49 per capita for the National Emergency Fund.

Way to go, Commander Mike.

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

OCTOBER

<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 DOLLAR DOG DAY OPERATIONS COMMITTEE 6:00	2 FIREBALL FRIDAY	3
4	5 LEGION RIDERS 6:30	6 TOASTED CHEESE & SOUP AUXILIARY REGULAR 6:30	7 WINESDAY WEDNESDAY CURBSIDE MEAL CHKN OR BEEF & NOODLES	8 DOLLAR DOG DAY LEGION REGULAR 7:00	9 FIREBALL FRIDAY	10
11	12	13 TOASTED CHEESE & SOUP SAL REGULAR 6:30	14 WINESDAY WEDNESDAY CURBSIDE MEAL BURGER NIGHT	15 DOLLAR DOG DAY SOCIAL COMMITTEE 6:30	16 FIREBALL FRIDAY	17
18	19 VFW POST MEETING 7:00	20 TOASTED CHEESE & SOUP PAST PRESIDENT'S PARLEY 7:00	21 WINESDAY WEDNESDAY CURBSIDE MEAL LASAGNA	22 DOLLAR DOG DAY	23 FIREBALL FRIDAY	24
25	26	27 TOASTED CHEESE & SOUP 40&8	28 WINESDAY WEDNESDAY CURBSIDE MEAL HOT BEEF SANDWICH	29 DOLLAR DOG DAY	30 FIREBALL FRIDAY	31