



**POST
COMMANDER
DOUG MACRAE**



**UNIT
PRESIDENT
PAT KYLE**



**SQUADRON
COMMANDER
MIKE DEACON**

Vol XXXIV, No 4
November, 2012

225 Main Street, Ames, IA 50010
515-232-9870
www.ameslegionpost37.com

www.ialegion.org
www.ialegion.org/ala
www.ialegionriders.org

www.legion.org
www.alaforveterans.org
www.sal.legion.org

Ames Legion Family In Action

LEGION'S 2013 LEGISLATIVE PRIORITIES



National Commander Koutz presented testimony to the House and Senate Veterans Affairs committees in October. Following his testimony, Legionnaires visited their Congressional offices to speak with the Congressman or their staff about the following priorities

Protecting Veterans and DOD from the 2011 Deficit Reduction Law: Automatic spending cuts, known as sequestration, are scheduled to take effect starting in January 2013 in defense spending and veteran-related accounts in the Departments of Defense and Labor. While Congress has exempted the Department of Veterans Affairs, no such protection has been extended to non-VA programs that help veterans. Congress must pass an alternate debt reduction deal that avoids hurting the military and veterans.

FY'13 DOD Budget: The question of the final shape of the FY'13 budget is still outstanding. The American Legion wants Congress to maintain the DOD budget at least at current levels. Our major concerns include: proposed increases in enrollment fees and pharmacy co-pays in TRICARE programs, including enrollment

fees for TRICARE For Life; proposals to increase the medical index for upcoming years; and the creation of a BRAC-style Retirement Modernization Commission which may propose a 401k-style retirement benefit.

FY '13 VA Budget: VA has a proposed 10.5 percent increase in this year's budget. However, we are concerned about the continued reduction in funding of Major and Minor Construction projects meaning aging and outdated medical facilities are not replaced or updated to meet current needs.

DOL-VETS: The American Legion supports the president's budget request for funding for the State Administration Grants Program. In order to account for the passage of a mandatory Transition Assistance Program (TAP) for all separating service members, we recommend an increase of 33 percent (\$12 million).

Licensure and Certification: The American Legion is working on both a national and state level to ensure licensing and credentialing authorities give veterans credit for the training they receive in the armed forces. The House recently passed legislation (HR 4057) which included a provision sponsored by Rep. Steve Stivers (HR 4115) that would make consideration of military training and experience for state licenses and credentials a condition of receiving Labor Department employment and

training funds. Senator Mark Pryor has a companion bill (**S 3235**). We encourage support for this bill.

Flag Amendment: The American Legion is committed to protecting Old Glory from acts of physical desecration. **H.J. Res. 13 and S.J. Res 19** state, "The Congress shall have power to prohibit the physical desecration of the flag of the United States." The American Legion supports passage of these bills and urges every senator and representative to co-sponsor them.

Stolen Valor Act: In *United States v. Alvarez* the U.S. Supreme Court ruled that the Stolen Valor Act of 2005 was an unconstitutional abridgment of the freedom of speech. The House has passed an updated version of the Stolen Valor Act, HR 1775. Similar Senate bills S 1728 and S 3372 have been introduced. We sincerely urge the Senate to work with the House to adopt this legislation and send it to the President for signature into law.

Inside this issue:

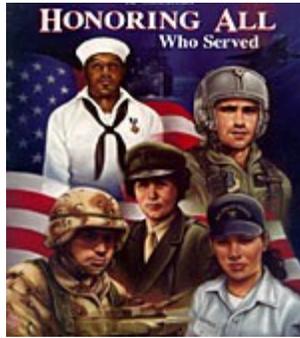
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Post Commander Doug's Comments

November is an important and busy month, not only for members of Post 37, but all Americans. It also marks the traditional start of the normally busy holiday season.

We start on November 6th by exercising our constitutional right to vote. This year, perhaps more than any year in the past few decades, the outcome of the election on the national, state and local levels, will shape the course our country, state and community follow for the next few years. I encourage you to go vote and let your voice be heard. It is a basic right that we as veterans and the families of veterans have earned and sacrificed to maintain.

On November 10th, we will recognize those members who have renewed their membership early with our annual Early Bird Dinner. If you are planning on attending, please help out by letting us



know so we can plan accordingly. Following those two important events we celebrate Veteran's Day, a day we come together as a nation to honor and pay tribute to those men and women among us whom sacrificed their time, temporarily put aside their dreams, and some who gave their lives, to ensure our safety and the freedoms we hold so dear in this country. Let me be one of the first this year to say thank you to our veterans and their families; thank you for your service, thank you for your dedication and thank you for your sacri-

fices. We honor you.

On November 22nd we take time to celebrate and give thanks for the many blessings we enjoy as we gather with family and friends for Thanksgiving. It is a special time in our house and I hope that you and your families and friends have a wonderful day together.

As a final note, there are a lot of activities planned at the Post over the next couple of months. I ask that each of you take a moment to review your calendars and try and squeeze some time in to volunteer at the Post for one of these activities. A couple of hours of your time volunteering at the Post will have a huge impact on the Post's ability to conduct these events and positively impact the lives of your fellow Post members and the community.

I look forward to seeing you around the Post in the weeks ahead.

Unit President Pat's Comments

Our Unit was asked to host the American Legion Auxiliary County meeting on September 20th, since Zearing was unable to hold it. We had a good turnout as there were 46 ALA members and Guests present. I would like to Thank Sharon Bellinghausen for fixing and helping to serve, also thanks to Sarah Schendel, Kelli Hitsman, Sharon Mott, and Jan Schmidt for all their help that day to make everything run smoothly.

On September 29th we had District meeting at Highland Park Legion Post in Des Moines. There were 8 of us from the Ames Unit that attended. Sandy Deacon was Parliamentarian and By-

Laws Chairman, Judy Demarest was Education chairman and Jan Schmidt was Chairman of Pages. Our Unit received an award for Education, Great job Diana Schmidt who is our Education Chairman.

Ann Rehbein reported that we topped our last year's sales on the nut orders. Thanks to all that helped and to all that ordered.

Some of our Story County Veterans were able to go on the Freedom Flight to Washington DC. I am sure that they had a great time. Thank you all for help in raising money or for donating, or in any way making it so these brave men

& Women who served our Country could take this one time trip.

We will have our Girls that went to Girls State at our meeting November 6th, Please try to attend the meeting and hear what the Girls have to say.

With dinners and other things coming this year, if you can help out once in awhile we would be grateful. You can leave your name and number at the club or give me a call at 515-450-0660. Just a reminder COOKIE FAIR coming in December so watch your Bulletin.

PLEASE GET YOUR MEMBERSHIP DUES IN NOW!!!!!!

Squadron Commander Mike's Comments

Well, I wish I knew what to say, but I don't. Every month I make a plea to you, the members of this squadron, to see what you think that we should be doing for our nation, our state, and our community and every month nothing happens. I realize that we all have lives and that this is a volunteer organization, but I would think that you should have some free time to help around the Post.

I really don't understand why out of all the members that we have that we can only get about half a dozen to help out with our programs. Please understand that all I am asking is for you to help support the organization that you be-

long to and make a difference.

Ok, off my soap box. Again, we have a busy few months coming up. The November Dinner, Saturday the 3rd, is the responsibility of the Sons, so if you can, please come down and help us out. We need help upstairs serving, pouring coffee, and clearing tables. You might even have an enjoyable time and want to work more with us.

Early Bird Dinner is on November 10th. If your 2013 Dues are paid you can eat free. You may also pay your dues that evening and eat free. The next day is of course November 11th, Veterans Day. Please check the bulletin to see when

Flags will go up Downtown. Help is always appreciated.

Our annual Biscuits & Gravy Breakfast will be December 8th, so please try to come down and help out. We will be working on details at the November meeting. Proceeds will go to our Santa's Helper's project and our Scholarship. As Always we are looking for help with BINGO. Hope you will think about stopping by YOUR Next meeting. Keep Our Service men and women in your Thoughts and Prayers. Keep Our American Flag flying high and remember, whatever political party you belong to, please exercise your right to vote.

Clubroom News

The Holiday season is fast approaching and the post is gearing up for many great activities. Now is the time that we all can focus on being thankful; for our health, our friends and family, and those little moments everyday that put a smile on our faces.

Thanks to everyone who participated in the Pasta Munchie competition in October. We had ten entries and the competition was tough. The winners were Chad and Becca Hayes (first), Pat Kyle (second), Don and Jan Anderson (third). Stay tuned for the next exciting munchie challenge.

Events in November:

Wednesday, November 14 is Tenderloin Basket Night. Tenderloins will be served from 5-6:30pm. We invite you to indulge in this massive 7oz tenderloin and French fries for only \$5.00. We also take orders To-Go. Call ahead of

you like and we will have them ready for you. 232-9870.

Thursday, November 22 the Clubroom is closed. Happy Thanksgiving!!

Friday, November 23th the Clubroom opens at noon. Take a break from your black Friday shopping, or join us for a football game or two. The Clubroom offers the perfect location for food, drinks, and more. Let's munchie all day long!! Bring in your best leftovers sweet or savory.

Stop in and take advantage of the last ISU game day specials. Enjoy pint draws of Busch Light for \$1.50, buckets of beer for \$11, and Bloody Marys.

The November appetizer of the month is Mini Tacos. These delicious morsels are seasoned ground beef and cheddar cheese folded into a mini corn tortilla. Try these tiny treats with salsa for only \$3.00 all month long!!

Freedom Flight Report



On October 14, approximately 150 veterans of WW II, Korea and Vietnam from Story County boarded a flight in Des Moines to visit their memorials in Washington, DC. The flight was financed entirely by donations and from

events over the past 12 months sponsored by the Freedom Flight committee.

The group was honored at a send-off ceremony on Sunday Oct 12 with one of the veterans receiving his honorary high school diploma that day at the send-off.

There may be another Freedom Flight later as there were more applications than seats on the plane. For now, though, the committee is taking some much needed rest. They have worked very hard to make this flight happen and deserve our thanks. Many of the vets would never have seen their memorials without this flight.

Campaign Ad Concerns

We heard from many of you expressing your concern over a political campaign ad that has been running on television that prominently shows the Post and the American Legion logo in the background. I have written a letter to that campaign asking them to remove the ad or edit the content with the Post in it. The American Legion and Post 37 are non-partisan organizations and we do not endorse any political candidate. Hopefully this campaign will acknowledge our concerns about the ad and take the action requested to remove the American Legion and Post 37 from it.

Reception Room Available for Rent



Here at the Post, we hope that when the time comes for your family's wedding reception, graduation party or family reunion that we may have the ideal spot.

Our reception room seats approximately 125 and with the flexible furnishings to meet your group's needs. We also have a full kitchen if that is needed .

Two level of rental fee apply, depending on whether the renter is a member of the Ames Legion family. For a member, the reception room fee is \$125 with a \$200 damage deposit. For nonmembers, that rental fee is \$225 with the same damage deposit.

If use of the kitchen is desired, that charge is an additional \$65 and if your party wishes, a domestic keg can be purchased for \$250.

Decorations are permitted in the room under specified conditions. That can be discussed with the rental. Call Sarah at 232-9870 for available dates.

CLUBROOM COUPON

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

Update Your Address Snowbird or E-Mail

Do your plans include a trip south for all or part of the winter? If so, be sure to let us know before you leave so that we can change your address or stop your newsletter while you are gone. Each time we are notified of an address change by the post office, it costs the post 42 cents. If you tell us before you leave, we can save that money.

Better yet, if you will change to receiving your newsletter by e-mail, you will save us much more than just 42 cents. Each newsletter costs 40 cents per issue to print and mail. Take that over 12 months and your newsletter costs the post \$4.80. For each person that converts to e-mail we save that money.

We have over 200 newsletters by e-mail now That is nearly \$1,000 that we save thanks to those 200 members. We guarantee your e-mail address will be used only for Ames Legion family business.

Beyond that, if your newsletter came in the regular mail, the picture to the left of the Freedom flight visit is in black & white. Those folks who allow use of their e-mail see that picture in color.

It is up to you but if you will send your e-mail to davidrehbein@msn.com, we will add you to the list. Everyone that converts helps us save money.

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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 SOCIAL COMMITTEE 6:00	2 MUNCHIES NIGHT	3 STEAK DINNER 5:30-7:00
4 BINGO	5 LEGION RIDERS	6 ELECTION DAY—HAVE YOU VOTED? AUXILIARY REGULAR 7:00	7 BINGO	8 LEGION BOARD 6:30 REGULAR 7:30	9 MUNCHIES NIGHT	10 EARLY BIRD MEMBERSHIP DINNER
11 BINGO	12 BUILDING FUNDRAISING COMMITTEE 6:00	13 SAL REGULAR 6:30	14 TENDERLOINS 5:00-6:30 BINGO	15 OPERATIONS COMMITTEE	16 MUNCHIES NIGHT TEXAS HOLD-EM 7:00	17 IOWA MEMBERSHIP RALLY
18 BINGO	19	20 PAST PRESIDENT'S PARLEY 7:00	21 BINGO	22 THANSKGIVING CLUBROOM CLOSED	23 CLUBROOM OPEN AT NOON SHARE YOUR LEFTOVERS	24
25 BINGO	26	27 40&8	28 BINGO	29	30 MUNCHIES NIGHT	