

# Ames Legion Family In Action

## Post Activities and Programs for 2020-2021

This list summarizes the activities of the Post last year. We expect the list to grow now things are returning to normal. We will list the ALA and SAL activities in future issues.

### Patriotic Activities

Performed Military Services for 28 Veteran Funerals and Firing Squad for Memorial Day

Provided Speakers as Requested

Raised and Retired Flags in Downtown Area for Memorial Day, Independence Day, Flag Day and Veterans Day

Wreaths Across America initiated at Ames Cemetery (Legion Riders)

### Youth and Community Service

Sponsored American Legion Baseball Teams from Ames and Gilbert High Schools

Hosted State Baseball tournament, provided meals to teams, coaches and fans

Honored Lou Gehrig and ALS veterans at Ames High Baseball game

Sponsored Junior Shooting Sports Club. New Rifles donated by Post and Squadron

Presented 270 Academic Awards to Juniors and Seniors at Ames High School

Presented Awards to ISU Army, Navy/Marine and Air Force ROTC Unit Outstanding Cadets

Hosted and Maintained Medical Equipment Loan Closet at No Cost to Users

Presented Eagle Scout Awards as Requested

Donated to Youth and Shelter Services for programming

Sponsored visit to Post by Santa and Mrs. Claus for community children

### Veterans Service

Made "Buddy Check" to our WWII and Korea members to check on welfare

Co-sponsored three drives to provide snacks to Iowa Veterans Home residents - \$10,000

Assisted in donation of Personal Protective Equipment and water to Iowa Veterans Home

Donation to Iowa American Legion Foundation in honor of deceased Members

Provided Christmas dinner and gifts for veteran family in need

### Social Activities

Hosted Weekly Curbside meals.

## VA Mobile Clinic in Ames

VA OF CENTRAL IOWA  
HEALTHCARE SYSTEM  
VIRTUAL MOBILE  
CLINIC

**AUGUST 6, 2021**  
**8:00 AM - 2:00 PM**  
**126 SOUTH KELLOGG AVE.**  
**AMES, IA 50010**



**Services Available for Scheduling:**

- Primary Care
- Respiratory
- Oncology
- Cardiology
- Tele-wound
- Tele-dermatology
- Urology
- Mental Health
- Nutrition
- Social Work
- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Lab draws
- Some immunizations

**Walk-In Availability:**

- Tele-Eligibility
- Blood Pressure Check
- Battlefield Acupuncture
- Home telehealth Screening/Enrollment Scheduling
- Live Telehealth scheduling
- My HealthVet enrollment

**Please call (515) 699-5999, ext. 1501 or (515) 201-1416 to schedule an appointment**

Contact Brett McLain, Veteran Affairs Director  
bmclain@storycountyowa.gov or (515) 956-2626

The VA's Mobile Clinic is open to all veterans. Those not enrolled in the VA should make an appointment, bring their DD214 (discharge papers) and get signed up. Enrolled veterans can make an appointment for any of the services shown to the left. The clinic visit in July was cancelled due to lack of interest. Lets make sure their time is well spent in August.

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## Post Commander Jay's Comments

Hello again! I hope everyone is having a great summer so far. July was a busy month.

We started with putting up the flags in downtown. We then provided the Color Guard who were followed closely by the Legion Riders in the Ames Fourth of July parade. It was a thrill for me to be able to be part of the Color Guard and see and hear all the folks lining the parade route. A sure sign that things were getting back to normal.

The following weekend saw a Post delegation at the Department Convention in Des Moines. While at the convention our immediate Past Commander, Jennifer Monserud was installed as Sixth District Commander. Congratulations and best wishes Commander Jennifer!

On our return from the convention, we held a joint installation of officers (Legion, Auxiliary and SAL). With the leadership teams we have in place, I look forward to a very successful year.

So, what to look for going forward? I plan to reach out to Ames and Gilbert high schools to promote Boys State and the Oratorical Contest. I also want to

reach out to our elementary schools to promote the Fifth Grade Flag Essay contest.

We will be reaching out to the Iowa State Student Veterans Association to see how we can support one another. I would also like to see us get in front of the ROTC programs at Iowa State.

We're currently keeping the lights on and paying our bills, but we're not really able to make any headway on putting funds away to be able to do even more to support our veterans and the community.

Right now, as you may not know, Bingo serves as a main source of revenue. We restarted Bingo back in May on Sunday nights only. There have been several discussions about bringing back Wednesday night Bingo. Right now, we're having trouble just staffing Sunday nights and even then, it seems to be the same people volunteering.

Also, we would be bumping up against our Wednesday curbside dinners which are a major source of revenue for Operations. Speaking of curbside dinners, once again that is a small cadre of peo-

ple who have been working tirelessly over the last 15-16 months to bring you those dinners.

I think we need to look at additional fundraising opportunities to help us raise the funds we need. However, none of that can happen unless people get involved.

If you have thoughts or ideas, come to a Legion meeting. If for some reason you can't make it to a Legion meeting, and you have something you want to bring forward, let myself or one of the other officers know.

In regards to fundraising activities or any other activity the Post may be involved in, I'm stealing from President Kennedy here, "Ask not what your Post can do for you, ask what you can do for your Post". The more people who step up to get involved, the more we can do!

Let me close by saying once again how privileged and honored I am to be serving as your Post Commander. Together I think we can have a very successful year.

## Unit President Rachel's Comments

Greetings from your incoming Unit President! I am honored to be elected to serve in this position.

My name is Rachel Breyfogle. For those of you that don't know me, I live in Gilbert and have worked as a nurse at McFarland Clinic for the past 18 years. My husband Randy, served 20 years in the Iowa Army National Guard and deployed as a firefighter during Iraqi Freedom.

Our son, Seth, is a cadet starting his Firstie (senior) year at the United States Air Force Academy. Both are members of Legion Post 37 and SAL Squadron 37. Our daughter, Sadie, is an active Junior member of our unit.

Speaking of our Junior members, have you noticed a new addition to our Post home? Just outside the door in the alcove is a Flag Drop Box for the community to dispose of unserviceable flags. This project was done by 2 of our Junior members, who are also Girl Scouts, for their Silver Award. Great job ladies!

Thank you to Sandy for her leadership

the past 2 years. I learned during her term that flexibility is key, especially during a pandemic and that even a pandemic cannot slow down this Legion Family. I am asking all unit members to continue to be flexible and be a part of a committee(s) that you have not been on for a while. A sign-up will be available at the August Unit meeting.

Department convention was held last month and Unit 37 once again had a strong showing at this event. The Auxiliary Centennial Gala was fun as many members attended representing various decades. Some members also came back with some new purses that were a fundraiser for Junior Camp. Our VA & R report received an award from the Department as the best report and has been forwarded on for consideration of a national award.

"STEPPING INTO THE NEXT CENTURY WHILE REMEMBERING THE PAST". This is Department President Doris Jackson's theme. As a unit we have some "steps" we need to take. We are in need of a Historian for the Unit. It

will be hard to remember the past, if there isn't one to record it. There are many of us that have recorded the Ames Legion Family in action.

The member that "steps" up for Historian will have an abundant supply of pictures! We also need a Sergeant at Arms for the Unit. Please let me know if you are interested in either one of the positions as it would be great to have a full slate of officers.

"Stepping up for Membership" is the (you guessed it) theme for membership. The membership symbol is boots. Our own Mike Monserud is part of the Department Membership Committee this year. No doubt we will be hearing from him throughout the year on membership status. Let's all do our part and step up to fill those boots with and make goals!

We fell short this past year with only 95.4% of our goal 282. If you know of a veteran that has recently signed up for Legion membership, ask if they have a spouse, son or daughter and make them aware of the rest of the Legion Family.

## Calling All Early Birds

You saw on the front page the list of our Post's ac-year. Those things happen easier when members that renewal notice today. Mail you dues to the post



## Get Your 2022 Dues Paid

activities last year and our Commander's goals for this dues are paid early. Be an Early Bird, respond to or renew online. Either way, be an EARLY BIRD!!

## Clubroom News

### Clubroom News

The summer has just been flying by. I can't believe it is already August and almost back to school time. I feel like school just ended last week. We have had a great summer so far in the clubroom and a great turnout for the 4<sup>th</sup> of July parade and we served up a lot of burgers and hot dogs. Thanks to everyone that made that happened and helped support the clubroom.

We are continuing our Wednesday meals in August. This have been a popular event and it is great to see lots of faces in the clubroom. Come join us for one! If you are short on time, feel like carryout or are not yet comfortable coming out we are still offering all our meals for curbside pickup.

Hope everyone has a great last few weeks of summer and we hope to see you at the Post.

Here's what we have planned in August:

**Wed. Aug 4-Steak Night**

**Wed. Aug 11-Hot Beef Sandwich**

**Wed. Aug 18-Beef Stroganoff**

**Wed. Aug 25-Burger Night**



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, Julie Rinard, Marty Kelly, Jamie Barker, Will Hensley, Rodger VanVoorhis, and Leonard Springer.

## Squadron Commander Doug's Comments

Hello Squadron Mates –

There are three things I want to concentrate on during the first half of my year as Squadron Commander and to be successful, I will need all of you to help out. Those three things are membership, participation and having fun.

Let's talk about membership. We all know the importance of membership to our Squadron. This encompasses two areas, timely renewals and recruiting new members, and they are not mutually exclusive of one another.

We are kicking off the 2022 renewal process this month and I ask you to renew your membership as soon as

possible. I recognize that not all of our current members will want to renew, and while that is a shame, their reasons are valid to them. By renewing your membership as early as possible, we will get a better feel for how many members we will keep and how many new members we need to try and recruit. Dues are \$45 per year for regular members and \$15 per year for dual members of the Legion or Junior Members (those under 18) of the SAL.

Renewing your membership now is an easy way to support our Squadron.

I hope to see you at the Post!

## Legion Riders

July is typically one of the less hectic months for the riders. In the last month we rode in both the Ames and Nevada 4th of July parades. It was so great to see all the smiling faces and respect shown to the flag as we went. If you were in the crowd, I want to tell you that it's certainly visible. The Riders dinner ride to Woodward was great fun. Sadly, I'll have to break the news that with a name like The Whistlin' Donkey, the Donkey Burger on the menu is 100% beef. Nonetheless we then prepped and had a couple representatives ride the Chasin Tails ride in and out of the rain. Even with the weather concerns, lots of funding was raised for the Story County Animal Shelter.

Our next dinner ride went to Pickles Pub in Kamrar. The new owners have

expanded the menu and continue to serve some great pizza!

July 17 was a planned Breakfast run to LeGrand, and July 25th we'll also enjoy some pizza at an old favorite, Papa's in Polk City. In August we'll go to Rides Bar and Grille in Fort Dodge on the 8th, and Las Flores in Iowa Falls on the 22nd.

July 31st will see Cliff and Doug take on the second Iron Butt challenge in 2 years. The goal this time is riding to Denver and back, 1500 miles, in 24 hours. Wish them luck!

In Legion news the riders have been expanding themselves to other responsibilities across the Legion families.

Sandy Deacon, Riders Membership Chair is a Past Department President.,

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

## Past Presidents Parley

Officers are: President Sharon Bellinghausen, Vice President Ann Rehbein, Sect/Treasurer Joyce Elliott and Chaplain Sandy Deacon.

The PPP voted to change are meeting time to the third Saturday of the month at 10am. Our first meeting will be September 25<sup>th</sup> as our regular meeting would be on the Stand Down Saturday.

Our October meeting will be on the 16<sup>th</sup>.

Please contact any officer for more information.

## Curbside Meals

The Wednesday curbside meals have continued after the lifting of most COVID-19 restrictions. The calendar lists the primary meal selection each week but there are usually three meals available.

Like us at the Facebook page shown on the calendar and you will receive Ames Legion family news but also the menu each week.

Meals are served while supplies last. Available for pick-up between 5:00 - 6:30 PM - call the Post (232-9870) to place your take-out order starting at 2:00 PM. You can also eat-in but ordering in advance is recommended.

current Chair of the ALA Department Governing Documents Committee, District Parliamentarian and is on the Board of Directors for the Homeless Veterans Stand Down. Mike Deacon is a Past Natl Commander, Detachment Judge Advocate and Squadron Adjutant. Jamie Barker was elected as the Auxiliary Unit 1st Vice and was appointed as the District Chaplain.

Department Convention saw Mike Monserud elected as SAL Detachment Commander. Cliff Barker, Chapter President, was elected as SAL Detachment Vice Commander. Cliff has also accepted the appointments of both District and Department Legion Riders Chairman.


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

# AUGUST

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 BINGO	2 LEGION RIDERS 6:30	3 TACO TUESDAY  AUXILIARY REGULAR 6:30	4 WINESDAY WEDNESDAY  CURBSIDE MEAL STEAK NIGHT	5 DOLLAR DOG DAY  OPERATIONS COMMITTEE 6:00	6 FIREBALL FRIDAY VA MOBILE CLINIC MUNCHIES NIGHT	7
8 BINGO	9	10 TACO TUESDAY  SAL REGULAR 6:30	11 WINESDAY WEDNESDAY  CURBSIDE MEAL HOT BEEF SANDWICH	12 DOLLAR DOG DAY  LEGION REGULAR 7:00	13 FIREBALL FRIDAY  MUNCHIES NIGHT	14
15 BINGO	16 VFW POST MEETING 7:00	17 TACO TUESDAY	18 WINESDAY WEDNESDAY  CURBSIDE MEAL BEEF STROGA- NOFF	19 DOLLAR DOG DAY  SOCIAL COMMITTEE 6:30	20 FIREBALL FRIDAY  MUNCHIES NIGHT	21
22 BINGO	23	24 TACO TUESDAY  40&8	25 WINESDAY WEDNESDAY  CURBSIDE MEAL BURGER NIGHT	26 DOLLAR DOG DAY	27 FIREBALL FRIDAY  MUNCHIES NIGHT	28
29 BINGO	30	31 TACO TUESDAY	 Find us on Facebook at <b>American Legion</b> <b>Family of Ames, IA Post 37</b>			