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**Unit President: Rachel Breyfogle**  
**Squadron Commander: Doug MacCrea**  
**Chapter President: Cliff Barker**

Vol XLI, No 3

October 2021

225 Main Street  
 Ames, IA 50010  
 515-232-9870

www.ameslegionpost37.com  
 www.ialegion.org  
 www.iowaala.org  
 www.ialegion.org/riders

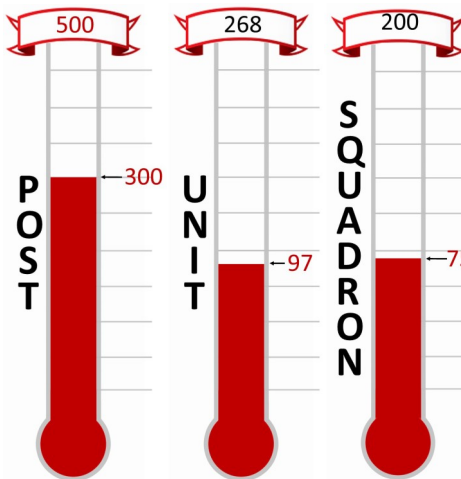
www.legion.org  
 www.alaforveterans.org  
 www.sal.legion.org

## Membership Gets A Good Start

You can see where each member of the Legion family stands so far this year with their membership work. The American Legion begins work before the Auxiliary or Sons so that explains the difference between their progress to date.

Are your dues represented in that red area or are you yet to be included for this year? If your dues are included for the Post, then you were part of allowing the Post to received some benefits early this year.

For each three members that the Post exceeds the specified number on a goal date, the Post receives a \$10 gift certificate to National Emblem Sales. At the first goal date, the Post received \$60 of gift certificates,



thanks to those dedicated members who renewed early.

The decision on how to use those gift certificates will be made at a future meeting. It will be made keeping in mind that they came to the Post thanks to the members who renewed on that first

renewal notice.

Two years ago, Ames was one of the hottest, most successful Legion families in Iowa in membership. Last year we slipped back off that pace a little. Right now is the time to regain that lead status.

Don't forget our Legion District is in a fight with the First District for the Legion's Cy-Hawk trophy. Just look at the name of the trophy. That tells you where it should go at the end of the year.

Don't let it become the Hawk-Cy trophy. Keep it in central Iowa where it belongs.

Keep those red bars moving up. Make this another great year.



## MEMBERSHIP IS EVERYONE'S RESPONSIBILITY



## STEAK NIGHT IS BACK!!!



Here is one more sign that life is returning to normal after a year and a half of pandemic. Our Saturday night steak dinners will be starting back in October. We are keeping the first Saturday of the month to serve you the best steak for the price in Ames.

We will start serving at 5:00 that night and serve until 7:00. We are still working through the supply issues that everyone is experiencing so won't be able to give you the exact menu or prices until that night. Be assured the quality and value that we are known for will be delivered that night.

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## Post Commander Jay's Comments

Greetings everyone! Hope this finds everyone doing well. October is upon us, the start of the last quarter of the year. October brings the restart of our monthly Steak Dinners, something we've all been looking forward to. Mark your calendar for October 2, from 5-7 PM. If you're comfortable doing so, come on down and enjoy a great dinner and support the Post at the same time.

If you haven't paid your dues, please consider doing so. The 6<sup>th</sup> District (which Ames is a part of) has a friendly competition going with the 1<sup>st</sup> District (Iowa City) on who will have the most paid memberships come April. It also helps Post 37 meet its membership goals for the year. Don't want to be bothered every year, consider becoming a Paid Up for Life (PUFL) member.

Members of the Post leadership will be visiting the area high schools to present, in person, the various programs that the American Legion has for stu-

dents (Boy's State, Girls State, Oratorical). We also will be reaching out to the elementary schools regarding our Fifth Grade Flag Essay contest. This particular program is meant to help the students develop a deeper knowledge and appreciation for the United States Flag. If you know a fifth grader who might be interested, let myself or Randy Freel know and we'll get you the specifics. Essays will be due in December.

We can still use volunteers to help with Bingo, the monthly Steak dinners, Wednesday curbside dinners. You don't have to commit for anything long term and you don't have to attend Legion meetings in order to volunteer. Whatever time you can give will be greatly appreciated.

The Supermarket of VA Benefits will take place on Friday, November 5, from 9 AM – 2 PM. The event will be held at the PLEX, 5501 George Washington Carver Ave in north Ames (near Ames

Country Club). Also, the VA Medical Mobile Unit will be in Ames on October 29<sup>th</sup>. For an appointment call 515-699-5999.

If you're looking for ideas for dinner and don't want to cook, consider supporting some of the other Posts in the county. The Maxwell Post will be serving dinners the second Saturday of the month starting in November, from 5 – 8 PM. The dinner will be served in the VFW hall across the street from the Maxwell Post. The Nevada Post has a Fish Fry the second Friday of the month, and Story City will be having a Kumla (Norwegian Potato Balls) dinner on the second Saturday of the month, beginning in October.

Have a great October and I hope to see you at the Post! Come on down and watch Cyclone football on Saturdays. Go Cyclones!

## Unit President Rachel's Comments

Greetings! When I think of October, several things come to mind. The crisp autumn air signifies that the days are getting shorter and winter will be around the corner, a good reminder to make sure your homes are ready for winter. October is Mental Health Awareness month. Mental health awareness has become more prevalent in recent years and the stigma related to mental health has been reduced. Nonetheless, it is still considered a "hidden injury" that our veterans (and families) may have suffered. I say families as they are most often the only support system a veteran may have. Many Veterans don't show any signs of an urge to harm them-

selves before doing so, but some may show signs of depression, anxiety, low self-esteem, or hopelessness. 1-800-273-8255 is the Suicide prevention hotline for Veterans or their friends/families to call should there become a problem. This is also another good opportunity to continue buddy checks and check on your American Legion Family. Get them involved with the many events at the Post or go out for coffee, beer or whatever drink you fancy. October is also Fire Prevention month. This is an excellent time to review your escape plan with your family and check the batteries in your smoke detector. Along with that check the expiration of your smoke de-

tor and change if expired. It is not fun being woke up in the middle of the night by a beeping smoke detector with a weak battery. At our September meeting the Ames Unit Girls State Citizen, Awien Dau, spoke at our September meeting as to what a great experience it was for her. We are continuing to look for potential Girls State Citizens, so if you know a current junior in high school that would be a good candidate let the unit know. Membership continues to grow with 97 paid members and more are coming in. 6th District is currently in 2nd place for the Department. Let's keep this growing!

## Squadron Commander Doug's Comments

Squadron Mates –

It is hard to believe it is October already! The ghosts and goblins are jumping with anticipation.

With the arrival of fall, it also means that we will be ramping up our Squadron activities in support of our own programs and those of the Post Family. Last month I asked each of you to volunteer, so don't be shy - step up and help with one of the scheduled activities.

On October 25<sup>th</sup>, we will conduct our annual Academic Awards Ceremony to recognize the outstanding scholars of the Ames High Junior and Senior Class. We are the only Post Family in the state

that sponsors this type of recognition. I would encourage you to attend this ceremony (which is currently planned to be live) to recognize and congratulate these fine young men and women (some of whom are Squadron members) on their sustained, superior academic achievement.

We are currently at 38 percent of membership renewals for the 2022 year. Not a bad start, but we can, and need to, do better. I would like to be at 75% renewals by November 1 so that we can focus our recruitment efforts accordingly. So there - I have thrown down the gauntlet and issue that challenge to the Squadron.

Lastly, we will be holding a raffle at our October meeting as an incentive to get involved with the Squadron. I am not sure what the prize will be yet, but it will be something worthwhile and you must be present to participate.

For God and Country, and our Post Family!

## Clubroom News

Hello from the clubroom!! It is official Fall and football season is upon us. Come watch all the football action at the clubroom. The clubroom will be open a half hour earlier than kickoff for any Cyclones games that are not during our regular hours. Join us for some great drink specials and cheer the Cyclones on with your friends. You can also have NFL Sunday ticket so you may catch your favorite team on one of our many tv's. The clubroom is opening at 11:30am on Sunday's during football season.

Some items are getting hard to get so thank you for your understanding if we may be out of something that you might like. Glass beer bottles are becoming very hard to get and are not being offered by some of our vendors. We have switched some of our beers to aluminum bottles or cans so we can still offer some of the favorites. Hopefully the glass bottles will be back sometime soon. We are continuing our Wednesday meals along with the return of Steak Night in October and Tenderloin Night.

We hope to see you at the post!!

Curbside Meals:

Wed. 6-Ham Balls, cheesy potatoes, corn and roll \$8

Wed. Oct 13-Chicken and Noodles with mashed potatoes \$8

Wed. Oct 20-Lasagna \$8

Wed. Oct 27-Burger Night

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.

**Tenderloin Night- Friday Oct 22-5pm -7pm-Enjoy a Tenderloin Sandwich and fries for just \$7**

**THANK YOU** This month's Kudo's: Russ and Vicki Belz, Mike and Sandy Deacon, Ken Woodley, Gary Freel, Julie Rinard, Bill Donovan, Tom Fowler, Colten Christiansen and Rodger VanVoorhis.



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

## Legion Riders



As I write this Jamie and I as well as other Riders are preparing to go spend the weekend at the Homeless Veterans Stand Down in Des Moines. I was first encouraged to go help out

5 years ago or so, and if you've never been I'll tell you it is both humbling and personally rewarding. Spending a few days helping and chatting with Veterans of all types brings a real connection to what it is that we do in the American Legion. We pack sea bags and duffle bags with clothes, toiletries, boots, and whatever else we can to help some of America's less fortunate, and most deserving. As Sandy Deacon's pin says, "No Veteran Should Be Homeless", and I admit I can't fix that problem, still I do try to give them a friend, even if only for a little while.

September has been a busy month so far. We rode in the Lincoln Highway Days Parade, a 9/11 Memorial Ride, and took a dinner ride to Bondurant. Our can collection day for Wreaths Across America was a success and we will continue to do them in the future. If you have cans and bottles you would like to donate, we can arrange to get them any time, not just can day.

The Wreaths Committee has begun looking for volunteers for Wreath Day on December 18 to help place the close to 1500 wreaths at Ames Municipal Cemetery. If you'd like to help, let us know.

Our last dinner Ride of the season will be to Johnny's Steak House in Altoona on the 26th. We intend to celebrate a successful riding season and for crossing the 50 member milestone. The years 2020 and 2021 have brought us a truly remarkable group of Riders. The dedication to what we do, and to how we do it cannot be described enough in this little column. If you'd like to sit in on a meeting, we'd love to have you. We meet on the first Monday of each month at 6:30pm at the post.

Well, it looks like rain today, I better go get my boots on. Until next month, ride safe, and ride often

## VA MOBILE CLINIC

OCTOBER 29, 2021  
 8:00 AM TO 2:00 PM  
 126 S. KELLOGG AVE  
 AMES, IA 50010



Central Iowa VA Virtual Health has scheduled an onsite visit to provide services to Veterans at a location near you! The unit will allow Veterans to schedule appointments to meet with their VA healthcare provider in a secure and private Virtual Medical Room.

The below lists outline several of the services which will be offered with more to come. It is our pleasure to serve you and VA staff are standing by to accommodate your virtual needs using Telehealth.

**To schedule a VA visit on the Virtual Mobile Clinic, call 515-201-1416.**

### Services Available for Scheduling

- |                    |                          |
|--------------------|--------------------------|
| 1. Primary Care    | 8. Mental Health         |
| 2. Respiratory     | 9. Nutrition             |
| 3. Oncology        | 10. Social Work          |
| 4. Cardiology      | 11. Speech Therapy       |
| 5. Tele-wound      | 12. Occupational Therapy |
| 6. Teledermatology | 13. Physical Therapy     |
| 7. Urology         | 14. Lab Draws            |
|                    | 15. Vaccinations         |

### Walk-in Availability

1. Tele-Eligibility
2. Blood Pressure Checks
3. Battlefield Acupuncture
4. Home Telehealth Screening/Enrollment Scheduling
5. Live Telehealth Scheduling
6. My HealtheVet Enrollment



Nut orders to be placed through the Unit must be received by the Unit during the week of Oct 3-8 in order for the order to be received in time for the holidays. Orders can still be placed online any time at

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

Remember this is one of the Unit's primary fundraisers but it also provides you and your family with quality snacks and cooking ingredients for the holidays.


AMERICAN LEGION POST NO. 37  
 225 Main Street  
 Ames, IA 50010

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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>
YOUTH AIR RIFLE 1-3 AT IZAAK WALTON EVERY SUNDAY		Find us on Facebook at <b>American Legion Family of Ames, IA Post 37</b>			1 FIREBALL FRIDAY  MUNCHIES NIGHT	2 STEAK DINNER 5:00—7:00
3 BINGO	4 LEGION RIDERS 6:30	5 TOASTED CHEESE & SOUP  AUXILIARY REGULAR 6:30	6 WINESDAY WEDNESDAY  CURBSIDE MEAL HAM BALLS	7 DOLLAR DOG DAY  OPERATIONS COMMITTEE 6:00	8 FIREBALL FRIDAY  MUNCHIES NIGHT	9
10 BINGO	11	12 TOASTED CHEESE & SOUP  SAL REGULAR 6:30	13 WINESDAY WEDNESDAY  CURBSIDE MEAL CHK&NOODLES	14 DOLLAR DOG DAY  LEGION REGULAR 7:00	15 FIREBALL FRIDAY  MUNCHIES NIGHT	16 PAST PRESIDENT'S PARLEY 10:00
17 BINGO	18 VFW POST MEETING 7:00	19 TOASTED CHEESE & SOUP	20 WINESDAY WEDNESDAY  CURBSIDE MEAL LASAGNA	21 DOLLAR DOG DAY  SOCIAL COMMITTEE 6:30	22 FIREBALL FRIDAY  TENDERLOIN NIGHT 5-7	23
24 BINGO 31 BINGO	25	26 TOASTED CHEESE & SOUP  40&8	27 WINESDAY WEDNESDAY  CURBSIDE MEAL BURGER NIGHT	28 DOLLAR DOG DAY	29 FIREBALL FRIDAY  MUNCHIES NIGHT	30