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

Ames Legion Family In Action

Membership Renewal Online

The American Legion's membership campaign for 2022-2023 is underway. Along with the start of that campaign, new methods of renewing online are now available.

Of course, the traditional mail in method remains a possibility but the online methods don't require finding an envelope or buying a stamp.

For sometime now, it has been possible to renew by going online to legion.org and clicking on the Renew Now link. It is necessary to have your membership ID number from your 2022 card.

A second method is now available through mylegion.org. Access to mylegion is available through a link on the Legion main page or directly through this [link](#).

The first requirement to use mylegion.org is creation of an account. If you do not currently have a mylegion

account, click on register and answer the series of questions. Once an account is established then you can use the login button to access that account.

Each year when your membership becomes eligible for renewal, a "Renew Now" button will appear when you login to mylegion. You can use a credit card to renew that way.

If you wish, you can save your credit card for automatic renewal. Each year on or before the second week of July, your credit card will be charged for that year's renewal.

Your mylegion account can also be used to find and use discounts that you earn with your membership. Those discounts can also be found at legion.org/benefits. Go to either and look around. Your dues amount can quickly be recovered by using one of these member benefits.

It is renewal time. Do it now.

Being the One

The 48 car driven by Jimmie Johnson and Tony Kanaan and the whole Chip Ganassi race team are helping lead the charge to prevent veteran suicide.

It is not enough to just say "I Will Be the One". Education is necessary in knowing what to look for and how to react when the time comes to "Be The One:

A special series of podcasts has been aired to help all of us learn more about veteran suicide and start to learn how to "Be The One".

The series is at Tango Alpha Lima and has four parts:

1. Idaho American Legion One More Day Program at tangoalphalima.fireside.fm/83
 2. The American Legion Saved My Life at tangoalphalima.fireside.fm/84
 3. NYPD Program is a Template to Follow at tangoalphalima.fireside.fm/85
 4. A Servicemember's Guide to Overcoming PTSD at tangoalphalima.fireside.fm/86
- Listen, learn and be ready when the time comes for you to Be The One.

Purple Heart Day to Be Recognized



Purple Heart Day is commemorated each year on August 7. In recognition of that day, the Story County Board of Supervisors will read a proclamation at their meeting on August 2.

All Purple Heart recipients are welcome to attend and be honored while the proclamation is read. The Supervisors meeting starts at 10AM. Attendees are encouraged to arrive by 9:45—9:50.

The Purple Heart is the oldest military award, originally created by General Washington during the Revolutionary War with the modern version created in 1932. It is considered by many to be the most important military award. Those who wear it are among our nation's greatest heroes.

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Post Commander Jay's Comments

Hello everyone! I hope everyone is managing to stay cool.

Well July saw the Post Color Guard once again lead the Ames Fourth of July Parade, only wish it had been a bit cooler. The Legion Riders were also present and I want to thank them for their participation. Right after the Fourth our Department Convention delegation took part in the Department of Iowa Convention in Des Moines. Past Commander and Past District Commander, Jennifer Rehbein was elected one of the five Department Vice Commanders. We congratulate her and wish her much success in the coming year. The Convention also saw our Newsletter and Website win several awards and I want

to congratulate Dave and Ann Rehbein for their work on the newsletter and website respectively.

July also kicks off the new membership year. Renew early and avoid all those reminders down the road. We are planning the Early Bird Dinner for November 17th. All those who pay their dues on or before that day are eligible. Losing members is a problem throughout the Legion. For our Post, an ad hoc committee has been appointed to look into what we can do to attract new members as well as maintain those members already on the rolls. We are also planning an "open house" for Iowa State Student Veterans for Friday, September 9th. The idea is to provide them with

information of what the Legion has to offer and what it can do for them and hopefully have them become members. That would be one of the items the ad hoc committee will be looking into.

August looks to be fairly quiet for the most part with the exception of the National Convention in Milwaukee. September will see the restart of our monthly Steak Dinners.

Thank you again for the opportunity to lead the Ames Post. There are certainly a number of challenges ahead but together we can get through them. To do that it will take people getting involved. Please consider what you can do to help the Post.

Take care, stay safe, and stay cool!

Unit President Rachel's Comments

Thank you! I am honored to serve again as your Unit President for this upcoming year. I look forward to serving with Commander Jay, Commander Doug, and Chapter President Cliff this next year.

TOGETHER This is Department President Jayne's theme for this next year. I mentioned at our Installation that one may hear of Posts where the Legion, Auxiliary, SAL and Riders are separate entities and operate as such. I don't see that here in Ames. We have embraced the Legion Family idea very well. Several of our members hold multiple memberships within the Legion Family and we work **TOGETHER** at our post events. A good example of this is the monthly Steak Dinners. Regardless of the organization in charge, members from all help out to make these nights a

success. Let's continue to work **TOGETHER** and make this a successful year.

We are working on getting our programs back to where they were a couple years ago. In order to make these programs a success, we need a variety of volunteers. We are also in need for members to work **TOGETHER** on serving on the various committees that guide these programs. Please let me know as to which of these committees you would like to help with. For most, the time commitment is minimal, maybe a couple hours for the year. I know that volunteering has been brought up many times in the past. It is important for our organization to continue to grow and provide more assistance for our veterans.

Membership is still an area where we

fall a little short. We have gotten very close to our annual goal, but end up falling short. I would encourage you to renew as soon as you are able. If you know of anyone (friend, neighbor, co-worker, etc) that would be eligible to join, please also encourage them to do so.

Junior Camp is coming up August 7-12 at the Christian Conference Center in Newton. Sadie Breyfogle will be attending this year and representing Ames Post 37 as Juniors Department Vice President. Camp concludes with the Juniors having their Department Convention on August 12 at 9:00 am. I would encourage all Legion Family members to attend and support these young ladies and future members of our organization.

Squadron Commander Doug's Comments

Greetings Fellow Squadron Mates –

I hope that you are having a great summer and had a relaxing and enjoyable Fourth of July Weekend.

Did you know that we are now the largest Squadron in the Detachment (state)? We have achieved that distinction because of your desire to recognize the service of your father or grandfather and to be part of something that makes a difference in the lives of our veterans, their families and our area youth. Thank you for your commitment to those ideals.

August marks the beginning of a new business year for the Squadron and I am excited about this year and all of the possibilities it holds for our Squadron. I

hope that you become excited as well.

We will spend the month getting the various committees reenergized and working to promote and support the Squadron and our activities. Everything our committees work on goes to directly support the Squadron, our Post Family or to help area veterans and families in need. It can be very rewarding so if you are interested in serving on any of our committees, please let me know as soon as possible.

A passage of our Preamble states "... to inculcate a sense of individual obligation to the community, State and Nation, ..." As a member of the Sons of the American Legion we should, and do, take this as a core responsibility for

who we are both individually and as a group and what we represent. This year, more than any in recent memory, our country is facing challenging times. Staggering inflation and high food and gas prices are impacting us all financially, some more than others. We need to be mindful of those around us who may be in financial need, especially the children as school starts towards the end of the month. If approached to help out in providing school supplies to those less fortunate, please do so if you are able to. Each of us can make a difference in the lives of someone locally if we choose to do so.

I hope that you have a great August and I look forward to seeing you at the Post.

Clubroom News

I can't believe that it is almost August! This summer has just flown by! Thanks to all that joined us for the 4th of July festivities. It started out rainy but cleared up just in time to make some hot dogs and burgers. Thanks to all that help make this event possible and for everyone that supported it.

Our Wednesday meals still continue to be a hit! It is great to see a clubroom full of people sharing a meal. We hope you can join us for one. Here are the meals for August. Make sure you check our weekly update and Facebook page for the full menu each week.

Wed. Aug 3-Meatloaf

Wed. Aug 10-Hand-breaded Chicken Strips

Wed. Aug 17-Grilled Pork Chop

Wed. Aug 24-Chicken Pot Pie

Wed. Aug 31-Ham Balls

You can call and place your order any-time during clubroom hours or Wednesday's after 2pm. The meals are available for dine-in and curbside pickup from 5-6:30pm.



Kudos:

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, Colten Christiansen, Julie Rinard, Marty Kelly, Jo Kelly, Jamie Barker, Will Hensley, Rodger Van-Voorhis, Steve Petska and Leonard Springer.

Girls State to Unit Meeting



Iowa Girls State was held June 19-24, 2022 on the Drake campus in Des Moines, IA. The two citizens representing Ames Unit 37 were outstanding and both were elected to the House of Representatives.

Naomi Pena and Alina Markutsya both attend Ames High School. Alina went on to become the Speaker of the House.

They will give their report to the Auxiliary membership on August 2nd at the regular ALA meeting. Come join us and help us thank these two outstanding individuals.

Legion Riders

July has been another whirlwind month. Your Legion Riders went to Department Convention and presented \$2031 for the Legacy Fund. This was raised in just the 6th District, and none of it could have been possible without the help of all of you. The support you give the Riders in Ames is unmatched and on behalf of all of us, Thank You.

Not to sit back and relax, on the same Sunday we finished at convention, a group of us got together and rode to Fort Dodge for dinner. The Chapter did not have a July meeting, many of us were on vacation. The next week another group of Ames Riders ventured up to Winona MN for the Midwest Motorcycle Rally, where we spent 5 days riding the bluffs and rolling hills of SE Minnesota and SW Wisconsin. It's an incredible countryside setting with winding roads and wide open sweeping corners, little towns and some great food. I would recommend anyone looking for a getaway to go check out the area. it's a short 4 hours or so away. As I write this we are awaiting the final details to escort the Ganassi Racing trailers to Iowa Speedway, and possibly work conces-

sions for the Wreaths Across America Project. Our can drives continue to be a success proving this can be done with small grass roots donations. Currently we are just short of halfway, and if you would like to donate, Wreaths are \$15 each, or 3 for \$30. See any one of your Legion Riders for details.

Next up is a mystery destination Dinner Ride on the 24th. Randy Johns is always one for a meandering route out and back, and the ride is as great as the dinner with friends. Planning continues for a ride to raise awareness and funds for the commissioning of the USS Iowa SSN 797 on September 10th. All are welcome to come along as we depart Sgt. Bluff and ride to the Veterans Memorial in Dubuque, Before the Sub Ride, three of your Ames Riders will be leaving for the Legacy Run next month, riding together for 1000 miles to Mobile AL to start the ride to Milwaukee.

Elsewhere around the District and the Department, Riders will have an entry in the State Fair Veterans Parade, and will also ride across Illinois to hand off the Medal of Honor Flag to the Illinois Department Commander and commemo-

988—Suicide HotLine



988

As part of the battle against veteran suicide but really the battle against suicide everywhere in society, a new hotline has been created to simplify the process of getting help.

Dialing the three digits 988 will now connect the caller directly to the new Suicide and Crisis Prevention Hotline. Trained counselors are available 24-7 to answer calls.

Better yet, by dialing 1 when the call is answered, the caller will be connected to a person trained in preventing veteran suicide. The complications of PTSD and TBI make extra education and training necessary for counselors to work with veterans in crisis.

Predicting the possibility of suicide can be nearly impossible in a first instance. Every family that includes a veteran should keep the number 988 very close to hand. When the time comes to call the Lifeline, time may be critical and hunting for the number may take too long.

It may never happen that you need this number but if it does happen, you will need it quickly. Keep it handy.

rate the ongoing Medal of Honor Highway designation of US Highway 20. We will be escorting a Vietnam Wall Memorial later this month from the IA Veterans Home to Tama, and have escorted a similar wall in Sumner, IA. We also continue to support the Patriot Guard Riders year round, by escorting and standing flag lines at their memorial services. I mention all of this so that everyone knows what it is we do when we're out there representing the Legion Families. We wear our vests with the Legion Emblem on the back with great pride and each of us carries a small packet of membership applications. We're asked quite often how to become a member, and are always ready to explain what the Legion can do for the individual and the families of veterans. Our new Department Commander has a Together Everyone Achieves More, TEAM, vision. Your Legion Riders are taking that both as a call of duty, and of service.

Thank you for all of your support, as always Ride Safe, and Ride Often

Cliff B

Ames Riders Director

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 225 Main Street
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RETURN SERVICE REQUESTED

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US POSTAGE PAID Permit 147 Ames, IA

AUGUST

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 LEGION RIDERS 6:30	2 TACO NIGHT \$4 AUXILIARY REGULAR 6:30	3 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	4 DOG NIGHT OPERATIONS COMMITTEE 6:00	5 FIREBALL FRIDAY MUNCHIES NIGHT	6
7 BINGO	8	9 TACO NIGHT \$4 SAL REGULAR 6:30	10 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN STRIPS	11 DOG NIGHT LEGION REGULAR 7:00	12 FIREBALL FRIDAY MUNCHIES NIGHT	13
14 BINGO	15 VFW POST MEETING 7:00	16 TACO NIGHT \$4	17 WINESDAY WEDNESDAY CURBSIDE MEAL PORK CHOP	18 DOG NIGHT SOCIAL COMMITTEE 6:00	19 FIREBALL FRIDAY MUNCHIES NIGHT	20
21 BINGO	22	23 TACO NIGHT \$4	24 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN POT PIE	25 DOG NIGHT 40&8	26 FIREBALL FRIDAY MUNCHIES NIGHT	27
28 BINGO	29	30 TACO NIGHT \$4	31 WINESDAY WEDNESDAY CURBSIDE MEAL HAM BALLS	 Find us on Facebook at Legion Family of Ames, IA Post 37		American Legion Family of Ames, IA Post 37