



Post Commander: Jay Sisco
Unit President: Rachel Breyfogle
Squadron Commander: Doug MacCrea
Chapter Director: Cliff Barker

Vol XLII, No 3

October 2022

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

Ames Legion Family In Action

Commander Jay Discusses Benefits

Greetings! Fall is upon us as we start the last quarter of the year. Only 97 shopping days until Christmas.

I want to mention a couple of issues that I'm sure you've heard about in the news. First is the water contamination at Camp Lejeune, NC and the other is the PACT Act. They are actually related. Section 804 of the PACT Act is the Camp Lejeune Justice Act of 2022

The water contamination problem at Camp Lejeune occurred from 1953 to 1987. The water was contaminated with harmful chemicals from 240 to 3400 times levels permitted by safety standards. Possible sources of the contamination include solvents from a nearby dry-cleaning company, from on-base units using chemicals to clean military equipment, and leaks from underground storage tanks.

If you served at Marine Corps Base Camp Lejeune or Marine Corps Air Station New River in North Carolina, you may have

had contact with this contamination and be eligible for benefits. To see if you qualify and/or to make a claim, you can use the following link:

<https://www.va.gov/disability/eligibility/hazardous-materials-exposure/camp-lejeune-water-contamination/>.

Or you can reach out to the Story County Veterans Affairs Office or the Veterans Administration in Des Moines. **DO NOT** respond to any of the numerous ads currently being aired on TV. They will not serve your best interest. They are firms out to make a quick buck at your expense. While they may get you compensation, they will keep the majority of the settlement for themselves, you want to get what you truly deserve.

The PACT Act (full name: The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act) is a new law that expands VA health care and benefits for Veterans exposed to burn pits

and other toxic substances. Here is a link you can use to get additional information and see if you qualify:

<https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

You can also call 800-698-2411 (TTY:711) or again you can contact the Story County Veterans Affairs Office or the Veterans Administration in Des Moines.

The Supermarket of VA Benefits will take place on Friday, November 17, 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).

If you haven't already, please consider paying your dues. We would like to have 100% of renewals by December 31.

If you have any questions or concerns regarding the Post please feel to reach out in person if you see me in the Post or leave a note in my box.

Until next month, take care.

Academic Awards

The 36th annual Academic Awards will be presented at Ames High School on Monday, October 24th at 6 PM.

The presentation is planned to take place in the Auditorium at the new High School. Final construction is being done in the Auditorium. We are confident it will be ready for use but if not, the event will happen in the Commons Area.

In order to qualify for an Academic letter, the student must be a junior or senior at Ames High, achieve a grade point average of at least 3.5



and have been in residence at Ames High for a minimum of one year.

This is the 36th annual presentation. We expect between 200 and 250 students to receive awards that day. For the seniors that will be receiving their second

award, a chevron is given to place on the letter.

The public but especially our membership is invited. Please join us. All costs are paid by the Legion family. Come see how we are spending your money.

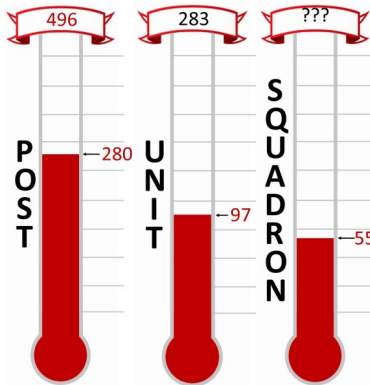
Inside this issue:

Membership & Steak Dinner	2
Unit President	2
Squadron Commander	2
Clubroom Events	3
Legion Riders	3
Nut Order Deadline	3
Ann Rehbein Elected	3

Membership Off to a Good Start

The membership year is off to a good start. The American Legion membership year starts earlier than the Auxiliary or Sons (if the Sons goal has not yet been set) so they are ahead right now but we expect the Unit and Squadron to catch up soon.

There is a new membership incentive from American Legion State Headquarters. On January 1, 8 Legionnaires will be chosen from those who have renewed for 2023. Those Legionnaires will each receive a \$250 check to be delivered by their District Commander or a State Officer.



The American Legion statewide has seen a decline in membership over the past several years. Your Legion family has not contributed to that decline though.

For the Post in particular, when your editor joined the Post nearly 50 years ago, membership was around 500. That number has stayed consistent over those years. There are very

few posts that can equal that record.

Renew now, qualify for the drawing and help keep your Legion family's membership record one of the best in the state.

Steak Dinner Menu

Steak Dinners are held on the first Saturday of each month. Serving starts at 5:00 with the kitchen open until 7:00.

Menu:

8 oz New York Strip Steak	\$13.00
8 oz New York Strip Combo*	\$16.00
8 oz Ham Steak	\$ 9.00
8 oz Ham Steak Combo*	\$12.00
5 piece Shrimp	\$ 9.00
Soup, Salad & Potato	\$ 7.00

*Combo dinners include 3 Shrimp

All dinners include soup, salad, choice of potato and coffee and water.

There are many places to go for a good meal in Ames. Some of them are fancier than your post but none of them will serve you this quality meal for a lower price. Stop in and let us do the cooking on October 1 or any other first Saturday from now until May.

Unit President Rachel's Comments

Autumn greetings to all! The smell of apple pie baking, autumn leaves falling and corn drying in the farm bins. Fall also brings the smell of our monthly Steak Dinners. These started last month with the Legion hosting and we had a decent turnout. Our next one is October 1st. Please join us for a delicious meal and let us do the cooking that evening.

Last month I wrote about the Auxiliary's Education Program. We've had a box at the Post for Give 10 to Education donations. We will be distributing these items to local schools in the months to come.

Also as a note with Education, the Ames Legion Family will be presenting the Academic Award on October 24th to Ames High students that have earned this award. Please join us that evening

and help congratulate these students on their accomplishments.



This month I'd like to focus on a very important program for the Auxiliary, our Poppy Program. This little red flower has been the visual image of the sacrifice that our veterans have made

throughout the years to fight for freedom.

After World War I on what seemed to be barren ground on the battlefields and gravesites, a little red flower started growing. It is thought that digging of the graves may have started the dormant seeds to start to grow. The new cemeteries with their rows and rows of graves became flooded in a sea of red as these flowers burst into bloom, evok-

ing a heartfelt emotion and a reminder of the sacrifice given.

Since then, the poppy has become a symbol of the American Legion Auxiliary. We've been distributing these little red flowers for around 100 years and counting. We need to continue this program to continue to help impact the lives of our veterans. In order to do this, we **need** members to be a part of this committee. Please let me know how you can help.

The Juniors and Department Junior President Sadie are collecting pop tabs for Ronald McDonald House. So, bring your pop tabs to the post. This activity and Sadie's Project Action Plan can be found on the Department's website under the tab of "Publications, Project Action Plan 2022".

Squadron Commander Doug's Comments

October is here and that means fall is in the air. While we all want to see a couple of weeks of Indian Summer, we know that cooler temps are on the way and that winter is around the corner. October is the perfect time to start getting ourselves and our families ready for the inevitable cold temps and snow that we could experience as early as the end of the month.

This also marks the mid-point in the Legion Family's efforts to renew membership for the upcoming year. I know that many of you wait to receive an annual dues notice in your mailbox and I am not sure when those may be hitting your mailboxes from National, so here is that written notice! Please renew your

SAL membership this month. It would be great to reach the 90% renewal level by December 1st.

Reaching membership goal is great, but it doesn't mean a thing if it is not coupled with the participation of our membership. I fully recognize that approximately one-third of our Squadron members are juniors or live well outside of central Iowa and are not able to participate. But we can do better than that. If we have a Squadron member that comes down from Osage to attend our monthly meetings, it is hard for me to understand why those of you who live closer won't attend meetings or assist us with the various events we hold to raise funds to support our Legion Family

and programs.

I realize that I am still considered by some to be a fairly new member of the Sons, so help me understand what the underlying issue(s) are. *Please tell me why you are reluctant to participate in our meetings or assist us with our various events.* Stop me at the Post, call me at 515-450-0773 or e-mail me at dmaccrea@gmail.com.

We can't make our Squadron better if we are unwilling to address whatever it is that is holding you back from participating. It is up to everyone in the Squadron to work together to make our organization as strong and effective as it possibly can be.

Clubroom News

Greetings from the clubroom!! It is almost Fall and football season is upon us. Don't forget you can catch all the College and NFL action in the clubroom. The Cyclones are off to a great start so come cheer them on with us. The clubroom will open a half hour before game time if start of game is before normal hours and we will stay open later if we have a late game. Bring a munchie to share and cheer on your favorite team with your friends in the clubroom. We also have a group of Minnesota Vikings fans that come in and watch the games together so come join them. If they are not your team, no worries, we also get all other NFL games so come catch your favorite team.

We have a few new faces behind the bar so please stop in and welcome Matt and Alyssa to the Legion family. We have lots going on at the Post so check our weekly updates and Facebook page for any events. We hope to see you at the Post!

Here are the Curbside Meals for the month:

Wed. Oct 5-Meatloaf, baked potato \$8

Wed. Oct 12-Chicken and Noodles over mashed potatoes \$8

Wed. Oct 19-Hot Beef Sandwich \$8

Wed. Oct 26-Mexican Night

Call the Post anytime after 2pm on Wednesday to place your order for curbside pickup or dine in between 5-6:30pm.



Kudos-Thanks to all that helped around the clubroom and special thanks for everyone who helped out while I was on vacation.

Tom Fowler, Julie and Dennis Rinard, Ken Woodley, Rodger VanVoorhis, Paul Madson, Bill Donovan, Gary Freel, Vicki Belz, Mike and Sandy Deacon and Colten Christensen.

Nut Order Deadline



The Unit Fundraiser Nut Order Form was in last month's newsletter. Not only is that a great product for the holidays but the proceeds fund a number of the Unit's programs. Deadline for your order is October 4 at the Unit meeting.

Don't let this pass by. Make your holiday better and help the Unit.

Ann Rehbein Elected to National Office



Ames Unit #37 life member Ann Rehbein was elected Central Division National Vice President at the 2022 National Convention. Her term will run one year until the close of the 2023 convention.

She will represent National President Vicki Koutz in the nine Departments of the Central Division; Kansas, Missouri, Illinois, Wisconsin, Michigan, Indiana, Ohio, West Virginia and of course Iowa. She will make at least one official trip to each of those as well as other request-

ed visits.

The American Legion Auxiliary elects five Division Vice Presidents each year. The National President visits as many of the 54 Departments as possible but depends on the division Vice Presidents to provide additional contact between the National organization and the Departments.

Ann has served as Iowa Department President and served one term on the National Executive Committee. She has also served as chair of several National Committees and will represent Iowa well during her travels.

Legion Riders

Just returning from the Homeless Veterans Stand Down in Des Moines, it's time to get caught up on things. It was hot, then rainy, then hot again, then back to rain this year, and several of your Riders take part in this event. Mike Deacon plays DJ for 3 days, Sandy runs the DoD surplus tent, and the rest of us provide security, pack duffel bags with clothes, boots, persona hygiene items, and generally assist area Veterans in need however we can. Not all are truly homeless, but many are. This isn't an easy event, this is more of a mission to repay a debt to never leave a comrade behind. There's too many stories to tell, and too many moments where you've done all you can and say a prayer when you get home that it will be enough.

Each of us comes home stiff, sore, and emotionally drained, but it soon passes and we'll be back next year to do it all over again. There's always room for more volunteers, if you'd like to help even for just a couple hours, let us know.

Anyway, What did we do this last month? Three of your Legion Riders logged more than 2700 miles for the Legacy Run. Ames to Mobile, to Milwaukee, and back to Ames. This was the first Legacy Run for all of us, and my first National Convention. We had a great time and look forward to riding into Charlotte next year, although we won't know the starting location until probably May. How much did we raise? Almost 10k from Iowa and over 1.3 million for the year. A new record for a scholarship fund for children of vets we've lost since 9/11 and children of vets with a 50% or more disability.

The ALR cookout at Leonard's went well, there was great food, great

friends, and pie. Our dinner ride on the 11th ended up going to Altoona after a conflict in Haverhill, and we are looking forward to riding into Johnny's in Altoona for the season ending ride soon. October begins the "ride when you can" part of belonging to ALR. Very little is scheduled and even then, the weather can change quickly. Some of us will winterize and put away our bikes, and some others will break out the heaviest coats we own and keep on riding.

As a Chapter your Riders are still gathering cans for Wreaths Across America and accepting donations for that project. WE are not scheduling a drop-off this month but if you want yours picked up call the post and leave your name and address. Of course, please make sure it is worth their while to come.

It's been a bit of a sophomore slump in 2022, but we aren't giving up. The times economically are challenging to everyone and we recognize that. Thank you to everyone that has continued to support us, and we will continue the mission we started, proudly putting wreaths on as many of the nearly 1800 graves at Ames Cemetery that we can. If you'd like to help, we accept checks and cash, and can provide a receipt for tax purposes.

To close out, Chapter 37 membership is at an all time high at over 60 members and I'd like to give a special shout out to our newest member, Commander for the Department of Iowa, Randy Johnson. Commander Johnson and his wife Gail don't ride, but both joined Ames Chapter 37 as supporters while in Milwaukee. Welcome aboard sir!

That's all for now, as always Ride Safe, and Ride Often

Cliff B. Director, ALR #37

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

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		TOASTED CHEESE & SOUP	Find us on Facebook at American Legion Family of Ames, IA			1 STEAK DINNER 5:00—7:00
2 BINGO	3 LEGION RIDERS 6:30	4 TACO TUESDAY AUXILIARY REGULAR 6:30	5 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	6 DOG NIGHT OPERATIONS COMMITTEE 6:00	7 FIREBALL FRIDAY MUNCHIES NIGHT	8 PANCAKE BKFST 8:00 - 11:00
9 BINGO	10	11 TACO TUESDAY SAL REGULAR 6:30	12 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN & NOODLES	13 DOG NIGHT LEGION REGULAR 7:00	14 FIREBALL FRIDAY MUNCHIES NIGHT	15 PAST PRES. PARLEY 10:00
16 BINGO	17 VFW POST MEETING 7:00	18 TACO TUESDAY	19 WINESDAY WEDNESDAY CURBSIDE MEAL HOT BEEF SANDWICH	20 DOG NIGHT SOCIAL COMMITTEE 6:00	21 FIREBALL FRIDAY MUNCHIES NIGHT	22
23 BINGO	AWARDS @AHS	25 TACO TUESDAY	26 WINESDAY WEDNESDAY CURBSIDE MEAL MEXICAN NIGHT	27 DOG NIGHT 40&8	28 FIREBALL FRIDAY MUNCHIES NIGHT	29
30 BINGO	31					