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Unit President: Rachel Breyfogle
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www.iowaala.org
www.ialegion.org/riders

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

Post Commander Jay's Comments

Hello again!

Time to renew your membership if you haven't already done so. Paying your dues early qualifies you for the Early Bird Dinner currently planned for November 17th.

Instead of just paying your dues and being a member, consider volunteering as a member of one of the committees in the Post or helping on one of the fundraising events (Pancake Breakfast, Steak Night, etc.). See me or any of the Post officers if you're interested.



At the risk of smacking the bees nest with a stick, I must bring up a rather sensitive topic. In the rather near future, we are going to have to make some hard decisions on maintaining the Post building.

We know we have to address the brick façade, there is water leaking through windows on the third floor, and while the roof has been

repaired, those repairs will only give us another five years before we need to look at replacing the roof. There are grants available from the city, but these are matching grants, i.e. we would have to match any amount we ask for.

The Operations Committee is working on getting estimates for the work that we know has to be done. Of course, in the course of doing said estimates, additional issues may be uncovered. Once those estimates are in, a decision will have to be made on whether to continue to maintain a 100+ year old building or do we look for a new home. There, I smacked the bees nest.



POW/MIA Recognition Day is observed on the third Friday of September, on September 16 this year, to recommit to full accountability to the families of the more than 80,000 veterans captured or still missing from wars that the United States has participated in. How do you observe National POW/MIA Recognition Day? There's no better way to observe National POW/MIA Day than flying the flag below that of the United States.

What is the motto of the POW/MIA flag? "You Are Not Forgotten." The motto was adopted together with the flag that was designed years before the remembrance day became official by Mary Hoff; wife of a missing veteran. Who can fly the POW/MIA flag? Anyone can commemorate POW/MIA Recognition Day by flying the POW/MIA flag.



On September 3rd, Iowa State Football kicks off their 2022 season with their home opener against Southeast Missouri. The game starts at 1:00 PM. On Sep-

tember 10th the Cyclones travel to the University of Iowa for the annual Cy-Hawk game. Plan to watch the games at the Post, I'm sure Jodi will have some food and drink specials for game day.

Steak Night returns on Saturday, September 3rd, stay for dinner after the game. We'll also be having another Pancake Breakfast on Saturday, September 10th. Come on down for some good food and help support the Post at the same time.

Till next time, take care of yourselves and stay safe!



MEMBERSHIP IS EVERYONE'S RESPONSIBILITY



Nut Fundraiser Beginning

Enclosed with this issue of the bulletin is the flyer for annual nut sale sponsored by Ames Unit 37. This is a major fundraiser for the Unit that provides funds for our many programs – Girls State, Junior Camp, Iowa Veterans Home activities,



Christmas gifts for veterans families and much more. If you're not a "nut" person, you can also send it back with donation only written across the order form. Thanks so much for all you do to support Ames Unit 37 programs!

Inside this issue:

Coming Events	2
Unit President	2
Squadron Commander	2
Clubroom Events	3
Legion Riders	3
Snowbird Update	3
Membership Ogress	3

Legion Family Events to Watch For

There are a number of events coming between now and the end of the year that you should keep an eye out for. Some of them are weekly, some monthly and some are one-time in the year.

WEEKLY

Bingo is played every Sunday night unless of course Christmas falls on Sunday. Our bingo game is used to provide entertainment for our players and to raise funds for the Legion family programs. The Post, Unit and Squadron all participate and receive part of the proceeds.

We start selling at 5:15 and begin calling at 6. We have a friendly crowd and our workers can help you learn the game if you haven't played much before. We also sell daubers if you don't have one.

Curbside Meals are served every

Wednesday starting at 5. Check the clubroom news for the menu and ordering. The menu is also published in our weekly email update. The clubroom also has weekly specials. Check the calendar for them.

MONTHLY

Steak Dinners will start again on September 3 and will be held on the first Saturday of each month. The menu will be: 8 oz New York Strip, 10 oz Ham Steak, 5 piece Shrimp or Soup, Salad and Potato. Shrimp can also be ordered as an extra with any meal. All dinners come with Soup, Salad and choice of Baked Potato or French Fries.

Prices have not been set due to the uncertainty in the economy. We anticipate that a price increase will be necessary but are unsure how much. Be assured we will raise prices no more than necessary.

Pancake Breakfasts are being held one Saturday morning each month from 7 to 10. Depending on other events, these may move each month. Watch the calendar and the weekly email update for each month's date. We have not yet determined whether they will continue during the winter.

ONCE PER YEAR/INFREQUENT

Academic Awards will be held joint with Ames High. Date/time to be set.

Early Bird dinner is a membership incentive. The date will be November 17. Further details will be published in upcoming issues.

Quarterly Drawings are held to thank members who sign in and use the clubroom. Please watch the clubroom news and calendar for more information.

Unit President Rachel's Comments

CONGRATULATIONS!!! Junior member Sadie Breyfogle attended Junior Camp in August. This was a fun-filled week that included presentations about Girls State, a Flag Folding and Retirement Ceremony led by the Newton Post, Department Commander Randy Johnson and Newton Police.

The girls also went on a Field Trip to Camp Dodge where some members visited the Gold Star museum and others did the leadership obstacle courses. On their way back they stopped at Neal Smith Wildlife Refuge. Many thanks to those that helped make this a successful week.

At the conclusion of camp the Junior members held their Department Convention. During this convention, the girls held elections for 7 Department Offices.

Sadie ran for and was elected Department Junior President. Her plan of action and projects will soon be available on the Department Website.

It's hard to believe how fast this summer has gone by. School is back in session. Be aware that there will be more children out and about before and after school hours.

This brings me to the topic of one of our Auxiliary programs, Education. There are several ways in which we can be involved in this program. We can Give 10 to Education by collecting commonly used school supplies to donate to the local school districts (ie 10 pencils, 10 notebooks, etc). During the month of September, a donation box will be available at the post to collect school supplies.

We can communicate with local schools to invite veterans to speak in their classrooms/school. We can also support the Education program and scholarship opportunities of the American Legion. Be on the lookout in coming newsletters about more of the programs that the American Legion Auxiliary has and how you can help.

We still have many of our programs that are in need of committee members. The biggest one of these is our Poppy Program. The poppy is the flower of the American Legion Auxiliary. These little red flowers are distributed the Friday and Saturday of Memorial Weekend. I will have a list of the committees and also the Plan of Action for each program at the meeting on September 6th.

Squadron Commander Doug's Comments

Greetings Squadron Mates –

This year marks the 90th Anniversary of our organization. From an austere beginning, the Sons have developed into a dynamic and integral part of our Legion Family at the Post, State and National levels.

As SAL National Commander Michael Fox so clearly stated "The Sons we are the doers. We come in with a vision or a plan and we get it done. We take action." We do this as "proud possessors of a priceless heritage" honoring our veteran relative with our service to the Legion Family.

This year the SAL will mark an all time high in membership at the National and Detachment levels. While the Ames Squadron made its membership goal, it was not until the very last minute and through the results of some herculean efforts by several members. As we start getting ready for our new membership year (and yes, we are accepting dues for the 2023 year now) as a Squadron we need to look at what actions we can and need to take to reach, and hopefully exceed, our membership goal before January 1.

We can do it, but it takes all of us. Strength in numbers – it is what makes

the Sons the "doers" that our Legion Family and communities count on. We have made a difference and we will continue to make a difference. To do that we need you - your ideas, your thoughts, your skills and most importantly your participation. Will you join me in being a "doer"? I hope so, because you will find that it will bring you tremendous satisfaction knowing that you are honoring your male veteran family members and making a difference in the lives of the veterans and their families in our community.

I look forward to seeing you at the Post and at our next Squadron Meeting.

Clubroom News

I can't believe that summer is coming to end and school is starting back up already. The summer has just flown by. Hopefully we start to get some nice fall weather and some good football weather.

All events are starting back up at the Post. The steak night is back and we will be having Tenderloin Night on Friday, Sept 23 from 5-7pm along with our curbside meals on Wednesday's.

Football season is almost here! The clubroom will open half hour before the start of the Cyclone games if they start earlier than normal hours. We will also stay open later if they have a late game. Come cheer on the Cyclones in the clubroom!

We also will have the NFL Sunday ticket again this season. Join us on Sunday's to watch your favorite team. There are lots of things happening this month and we would love to see you.

Curbside Meals:

Call the Post any time after 2pm to order and pick up behind the Post between 5-6:30pm. You may also message me your order anytime through Facebook.

Wed. Sept 7-Tator Tot Casserole \$7

Wed. Sept 14-Burger Night \$7

Wed. Sept 21-Lasagna served with garlic bread and salad \$7

Wed. Sept 28-Fried Chicken or Chicken Fried Steak \$8



THANK YOU Thanks to everyone for their continued support!!

Thanks to all the great volunteers that help make the

Wednesday meals happen and help out around the clubroom: Tom Fowler, Russ and Vicki Belz, Sandy and Mike Deacon, Julie Rinard, Bill Donovan, Addison Donovan, Rodger VanVoorhis, Ken Woodley, Marty and Jo Kelly and Colten Christensen.

Is This You? Leaving Soon?

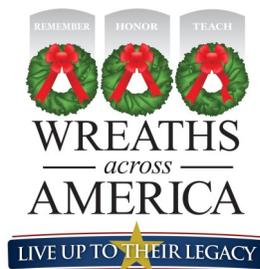
If you are, please get your new address to the post before you

go. The post office charges us to get your new address, help us save that money. Better yet, give us your email address, you will keep up on our activities and save us even more money.



Well here we are, winding down the summer and looking back on all we've done and have yet to do. As I write this, 3 of your Ames Riders are just a couple days away from leaving for Mobile on what will be our first Legacy Run. Earlier this year we organized a District ride to raise funds and coupled with 3 other district we have nearly 4K dollars that we will present in Milwaukee. None of this could be done without the support of our post members and the Legion families.

Locally your Riders continue to represent both Ames, and Iowa, all across the state. They led the escort for the Legion IndyCar team from Williamsburg to Newton, and again into the infield, escorted the Wall that Heals from IVH to Tama, and continued our can drive for Wreaths Across America.



Our next WAA can drop off day is Sept 10th from 9-11am behind the post. We're also volunteering for Ames Free Yard Waste days on 10/22 and 11/26, we look to see you there! We're at 722 of 1800 wreaths so any donation large or small is definitely appreciated.

We have reached a new milestone with Riders membership, we now have 56 members in our chapter. Our first dinner ride went to Pickle's Pub in Kamrar, and the dinner for the 28th will take place at Leonard Springer's for an old fashioned BBQ. September will see us ride to the Haverhill Social Club on the 11th, and our season ending dinner ride on Sep-

Legion Riders

tember 25th is off to to Johnny's in Altoona.

I would like to pause here to recognize one of our own, our Legion Riders Vice-Director and also Road Captain, Doug Sargent.



Doug was chosen to receive and transfer the flag from Nation of Patriots during the Iowa leg of the Patriot Tour. The Patriot Tour is the ceremonial passing of one

single American Flag through all 50 states, and it spans 15,000 miles over 115 days to complete the journey. The Patriot Tour was created to honor ALL of the United States military: active service, veterans, deceased, and military families.

The goal of the Patriot Tour is to raise awareness for the needs of these American heroes and to gather financial support that goes directly towards helping disabled veterans and their families.

The flag is traditionally transported by motorcycle. This year the American flag will be escorted from Mason City, and transferred to Doug at the Ames Post on September 5th. He will then escort the flag to Waterloo and hand it off to the next rider the next day. This is an honor that Ames Rider Leonard Springer was given in I believe 2018, and we salute Doug for being chosen in 2022.

For more information visit nationofpatriots.com

That's all I have for now, as always, ride safe and ride often,

Cliff B.

Director

Membership Progress

The 2023 membership year has started well. The Post membership goal has been set at 496. That is only four more than our final membership last year, that should be easily reached as long as we don't try to coast.

The good news is that the Post is over half way to that goal already. We currently have about 265 enrolled for 2023 with more coming in every day. It is great to see that many of our Legionnaires that see the value of membership, that understand the contribution the Legion makes and that they are part of and proud of being part of that contri-

bution.

Goals have not been published yet for the Unit and Squadron. That hasn't stopped their members from renewing though. The Unit has renewed 83 and the Squadron has 39. That is a good start for both.

Don't forget that Legionnaires can renew online. You need your membership ID to do that but it is on your 2022 card so that is easy to find. Also options are coming for Legionnaires to be able to renew for multiple years and to automatically renew at your enrollment date. Take advantage of that when you can.

AMERICAN LEGION POST NO. 37

225 Main Street
Ames, IA 50010

RETURN SERVICE REQUESTED

NON PROFIT ORG

US POSTAGE
PAID
Permit 147
Ames, IA

SEPTEMBER

<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	 Find us on Facebook at American Legion Family of Ames, IA Post 37			1 DOG NIGHT OPERATIONS COMMITTEE 6:00	2 FIREBALL FRIDAY MUNCHIES NIGHT	3 STEAK DINNER 5:00—7:00
4 BINGO	5 LEGION RIDERS 6:30	6 TACO TUESDAY AUXILIARY REGULAR 6:30	7 WINESDAY WEDNESDAY CURBSIDE MEAL TATER TOT CASSEROLE	8 DOG NIGHT LEGION REGULAR 7:00	9 FIREBALL FRIDAY MUNCHIES NIGHT	10 PANCAKE BKFST 8:00-11:00 WAA CAN DAY 9:00—11:00
11 BINGO	12	13 TACO TUESDAY SAL REGULAR 6:30	14 WINESDAY WEDNESDAY CURBSIDE MEAL BURGER NIGHT	15 DOG NIGHT SOCIAL COMMITTEE 6:00	16 FIREBALL FRIDAY POW/MIA DAY MUNCHIES NIGHT	17 PAST PRESIDENT'S PARLEY 10:00
18 BINGO	19 VFW POST MEETING 7:00	20 TACO TUESDAY	21 WINESDAY WEDNESDAY CURBSIDE MEAL LASAGNA	22 DOG NIGHT 40&8	23 FIREBALL FRIDAY TENDERLOIN NIGHT 5-7 PM	24 SIXTH DISTRICT CONFERENCE NEVADA
25 BINGO	26	27 TACO TUESDAY	28 WINESDAY WEDNESDAY CURBSIDE MEAL FRIED CHICKEN CHK FRIED STK	29 DOG NIGHT	30 FIREBALL FRIDAY MUNCHIES NIGHT	