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

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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

## Legion Family Youth Programs

November will see the largest of several youth programs sponsored by the Ames Legion Family.

We will join with Ames High on November 15 at 6 PM in the new Auditorium to award Academic Letters to approximately 325 students.

 Those students have reached a GPA of 3.5. They will receive either an Academic Letter or chevron (2nd award) and a certificate. This year members of the sophomore class are eligible for the first time.

This is by far not the only youth program sponsored by the Ames Legion family. You will see on the calendar that our air rifle club meets each Sunday at the Izaak Walton League from 1-3. SAL member Cort Pahl leads this club with help from several parents.



Interested families are encouraged to stop in to meet the shooters and coaches.

Right now we are looking for young people to participate in several of our programs. Two of those programs have deadlines coming soon.

The Constitutional Speech program that we sponsor must have a high school age participant certified by the Post by December 4. That program requires an 8-10 minute original oration on the US Constitution. Help in preparing that oration is available through the post.

The flag essay program is open to any 5th grade student. The essay should be on the subject "What the US Flag means to me" and should be no more than 300 words. Help is available through the Post.



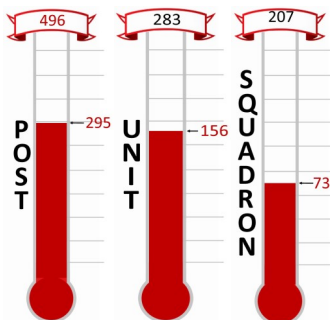
The Post and Unit are accepting applications for Boys and Girls State. These programs are held in June and use the city, county and state governments in Iowa to create a model government populated by students that finished their junior year in high school in 2022.

Information will be available through the guidance counselors at Ames and Gilbert High Schools.

The Post also sponsors a Cub Scout Pack and has sponsored American legion baseball teams from Ames and Gilbert in the past.

More information on all these programs is available at [ialegion.org](http://ialegion.org) under the Programs and Children and Youth tabs. You can also leave your name at the Post and the appropriate chairman will contact you.

## Membership Progress



Both the Post and Unit have reached the 50% mark for the 2023 year. The Squadron has a ways to go to reach that but their renewal notices come out later so that is not surprising.

Read Commander Jay's article and you will learn about a possible \$500 that could be yours but you must renew your Post dues before December 31 to be eligible.

Stan Elliott, one of our members, is a candidate for Department Commander for 2023-24. We can each support him in that quest by renewing now. Don't wait, let's have a membership record to be proud of when the time comes for that vote.

## Election Day November 8-VOTE

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## Post Commander Jay's Comments

Hello everyone! I hope this finds you all safe and well. If you get this and you're not either of those two things and you need help, please call the Post so that we can help get you the help you need.

I really don't have a lot this month, but one thing I'd like to address is courtesy and consideration. It has come to my attention that there have been some instances where guests, who may have turned into new members, have been made to feel less than welcome in our Post. This should not be the case.

If you see someone you don't recognize in the club room, introduce yourself and make them feel welcome. If they happen to be sitting in your regular seat at the bar, find yourself another seat, don't ask them to move or complain about the fact they are sitting in your seat.

Another part of courtesy and consideration is engaging your brain before you

open your mouth. Before you start going off on someone because they may have made a mistake, you should know who you're talking to, lest you find out it was the Department Commander who stopped by our Post for a visit and dinner on Steak Night. Definitely not the first impression we want to make.

Courtesy and consideration are simple things that go a long way. Somewhere in my Catholic upbringing I heard these words, "Do unto others, as you would have them do unto you". Just be nice!

November brings Veteran's Day and once again the Ames Patriotic Council will be hosting a Veteran's Day program at the City Auditorium (City Hall). I'd like to encourage everyone to attend to show the Post's support for the program. After all it is to honor Veteran's and their service.

November also brings the Veteran's

Supermarket that will be held in November at the Plex on the northside of the city near the Ames Golf and Country Club.

Finally, if you have not paid your dues please do so. As an added incentive, all those who pay their dues and have them submitted to National by December 31 will have their name entered in a drawing at the Department. On January 6, 2023, Department will draw 8 names and each of those folks will win \$250. Because the Sixth District (which is our District) has agreed to add an additional \$250 for any member of the Sixth District whose name is chosen, you have the chance to take home \$500.

Thank you and I wish you all a very Happy Thanksgiving! If you're travelling, please be safe.

## Unit President Rachel's Comments

104 years ago at the 11th hour of the 11th day of the 11th month the signing of the Armistice that ended WWI took place. Today this day is known as Veterans Day. We remember all those who have served and are currently serving. To you we say "Thank you!" for your service. It is an honor to belong to an organization that serves those that took the oath to serve our country.

Veterans Affairs and Rehabilitation (VA&R) is the program that focuses on helping our veterans. There are 2 parts to this program. One part is primarily for those at VA Medical Centers (VAMC) and the other part is Service to Veterans. Have you ever thought about how you can help our veterans?

Volunteering at a stand down, running errands for a veteran, providing transportation for the veteran to attend appointments are just some ways we serve. Have you considered the time

you spend assembling care packages to deployed soldiers, making greeting cards for veterans/soldiers, or even being a part of the Honor Guard? Are you doing Buddy Checks?

If you are currently helping veterans in some capacity, keep track of these hours as each one counts. The hours volunteered are reported to the legislature to show how Iowa is working together to help our veterans. I will have individual tracking sheets available at the next unit meeting. Don't forget about Juniors, their hours count too!

The dates for National Mission Training and National Juniors Meetings have been announced. The closest is November 5 in Minneapolis. This is Northwest Division's meeting, but all Auxiliary members are welcome to attend. The Central Division is January 21st in Indianapolis. These training sessions are a great way to learn more about our or-

ganization, tips as to how to improve programs or find out different ideas as to what other units from across the nation are doing, and also network. If you plan to attend, why not invite a Junior member/parent along as well. They will learn about the Auxiliary programs, network and do a service project.

Department Honorary Junior President Sadie has continued to speak about her top projects at many of the Fall Conferences. Her 1st project is Suicide Prevention/ Mental Awareness for Veterans/Caregivers. This project helps support the national "Be the One" campaign. She wants to help educate others about this hidden injury that is many times missed until it is too late.

I said it before and I'll continue to say it. "THANK YOU!" to our veterans who have and are currently serving our country.

## Squadron Commander Doug's Comments (continued on facing page)

November is always a busy month for members of the Squadron. It also gives us an opportunity to not only reflect upon some key tenets of our Preamble, but put into practice what we affirm each time we recite the Preamble to the Constitution of the SAL.

As Sons we can demonstrate our desire to "foster and perpetuate a true Americanism"; "to inculcate a sense of individual obligation to the community, State and Nation" and; "to safeguard and transmit to prosperity the principles of Justice, Freedom and Democracy" by

exercising our right to vote. There can be nothing more American than exercising our right to vote. We owe it to not only ourselves and our families, but more importantly to our veteran forefathers who sacrificed so much, to vote. Election Day is November 8<sup>th</sup> and early voting is now underway. I urge you in the strongest possible terms to become involved in determining the course of our future by exercising your right to vote and to encourage and, if need be, assist others in getting to polling places so they can vote.

Another opportunity exists for us to live by our Preamble "to preserve the memories ... and the association of our members and forefathers in all wars" by participating in a Veteran's Day event (November 11) to recognize and say thanks to our veteran forefathers, and yes, even many of our fellow SAL members, their dedicated service and sacrifice to our country and their efforts to maintain the basic freedoms we cherish (like our ability to vote).

Later in the month we will have the opportunity to gather with family and

## Clubroom News

I can't believe it is almost November. This Fall has just been flying by. We have lots of fun things going on in the clubroom from now until the end of year. We hope you are able to join us. Looking for some where to catch some football action? Don't forget about the clubroom. We are open for all Cyclone games and open at 11:30am on Sunday's and have all the NFL action. Come cheer on your favorite team!

Our Wednesday meals have still been a popular night and we are so thankful for that. I would like to note that if you want to make sure you are going to get the meal you want please order ahead of time and then you can make sure you get it. Thanks for all your support!

Curbside Meals:

Wed. Nov 2-Grilled Pork Chops \$8

Wed. Nov 9-Ham Balls \$8



November is traditionally a time to be thankful. As Legion Rider Director I'd like to take a few liberties with my opening this month. All too often we use the words "Legion Family" and scarcely give it any thought. I don't think I'll do that again.



This summer one of the Legion Rider National Committee members lost his life on the way to the Legacy Run starting point. Legionnaire Dave Schoonover was on his way from Kansas to Mobile, AL and perished in a tragic accident. Dave was leading his group of Riders at the time, and when it came time to decide whether to go on or turn back, to a person they all chose to ride on, so for Dave they continued.

Lets move forward a couple days, Doug, Mike, Gary, and I get to Mobile, and we're assigned the 10th group, "J Flight". We're new, but something happened before we left out Sunday morning that made me wonder. As we got our flight pictures taken, someone said, "Hey, this last one's for Dave" Yep, unknown to us, the majority of J Flight was

Wed. Nov 16-Lasagna \$8

Wed. Nov 23-Hand-breaded chicken strips and fries \$8

Wed. Nov 30-Chicken Fried Steak \$8

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.

**Friday, November 18-Fish Fry** 5-7pm- One of your favorite's is back. Join us for a great meal!

**Thursday, November 24 Clubroom Closed-** Happy Thanksgiving!!

**Friday, November 25 the Clubroom opens at 3pm.**

**Monday- Weekly Drawing-** Once a week, drop your dollar into the wishing well and enter for a chance to win up to \$500.

## Legion Riders

made up of Dave Schoonover's Riders from Kansas. I won't bore you with all the laughs and serious moments we shared, but I will say there were many. Several friendships and bonds were made out of J Flight 2022, I'm sure it happens every year but this one was different in a way that you had to experience. We got to the end as a family. Strangers 4 1/2 days before, everyone knew they could count on each other.

They really were right that morning that "This one's for Dave".

I didn't know Dave Schoonover, I had heard the name but had never met him, I'm told he was a stand up guy that never quit giving to his friends, the Legion, and his "family". I'm gifted to have met some of his Riders, and I heard this week that our own J Flight Assistant Road Captain, the cigar smokin and Beyonce singing legend himself, T-Man from Kansas was chosen to fill the open Committee seat. I'm sure he'll do well, or at least make it fun if he doesn't.

So my friends and my family, as we gather in groups of all sizes for Thanksgiving 2022, may we all remember we are very blessed to have so many very

**Toasted Cheese Tuesday-** Enjoy a toasted cheese sandwich and a cup of soup for only \$4.00

**Curbside Wednesday-See menu above. Also checkout our Facebook page for any additions we make to the menu.**

**Thirsty Thursday-**Featuring \$2 Hot Dogs and \$2 Domestic Bottles



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



different families around us.

For November, the Wreaths Across America Committee reports they are at 1025.5 wreaths and will be working

concession stands at Hilton and Jack Trice this fall to help us get the rest of the way to 1800 wreaths as well as volunteering for a Free Leaf collection day for the city of Ames. We will have one more round of nominations before elections take place in December for the 2023 year. The current slate of officers are remaining and there have been no new nominations made so far.. Your Riders will be part of the charter presentation of the newest Legion Post in the State. The Charles Horton Post 739 at IVH in Marshalltown will take place on November 12th at 10am, and everyone is invited to come out. I'm sure the residents are going to love it.

May you all have a terrific Thanksgiving, Ride when you can, and be safe.

Cliff B. ALR 37 Director

## Squadron Commander Doug's Comments (continued)

friends to say "thanks" again, this time for the many blessings and a bountiful harvest at Thanksgiving. As Sons, we have a passion for helping our communities. I ask that you consider helping when the call goes out for food donations to assist in providing food to those in need, either with direct food donations or cash donations. We can and do make a difference in our communities by doing that.

In closing, my family and I send our best wishes to you and the entire Post 37 Family for a very safe and enjoyable Thanksgiving Day with family and friends. I would also ask that as you sit down to Thanksgiving Dinner that you take a moment and say thanks to the men and women of our Armed Forces and Emergency Services who stand the watch this holiday, keeping us safe.

AMERICAN LEGION POST NO. 37

225 Main Street  
Ames, IA 50010

RETURN SERVICE REQUESTED

NON PROFIT ORG
US POSTAGE
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Ames, IA

# NOVEMBER

<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		1 TOASTED CHEESE & SOUP  AUXILIARY REGULAR 6:30	2 WINESDAY WEDNESDAY  CURBSIDE MEAL PORK CHOPS	3 DOG NIGHT  OPERATIONS COMMITTEE 6:00	4 FIREBALL FRIDAY  MUNCHIES NIGHT	5 STEAK DINNER 5:00—7:00
6 BINGO	7 LEGION RIDERS 6:30	8 TOASTED CHEESE & SOUP ELECTION DAY SAL REGULAR 6:30	9 WINESDAY WEDNESDAY  CURBSIDE MEAL HAM BALLS	10 DOG NIGHT  LEGION REGULAR 7:00	11 FIREBALL FRIDAY VETERANS DAY  MUNCHIES NIGHT	12
13 BINGO	14	15 TOASTED CHEESE & SOUP ACADEMIC AWARDS AT AMES HIGH 6:00	16 WINESDAY WEDNESDAY  CURBSIDE MEAL LASAGNA	17 DOG NIGHT  SOCIAL COMMITTEE 6:00	18 FIREBALL FRIDAY  FISH FRY 5:00—7:00	19 PAST PRESIDENT'S PARLEY 10:00
20 BINGO	21 VFW POST MEETING 7:00	22 TOASTED CHEESE & SOUP	23 WINESDAY WEDNESDAY  CURBSIDE MEAL CHICKEN STRIPS & FRIES	24 THANKSGIVING CLUBROOM CLOSED	25 FIREBALL FRIDAY  MUNCHIES NIGHT	26
27 BINGO	28	29 TOASTED CHEESE & SOUP	30 WINESDAY WEDNESDAY  CURBSIDE MEAL CHICKEN FRIED STEAK	 Find us on Facebook at Legion Family of Ames, IA Post 37		American Legion Family of Ames, IA Post 37