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www.iowaala.org
www.ialegion.org/riders

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

Ames Legion Family In Action

The Flag of The United States

By Emma Chen, Gilbert Intermediate

What does the flag mean? I see the Flag of the United States, always leading a parade or soaring outside our school, and an important symbol that represents history, respect, and freedom for all. I also see the thirteen stripes of the original 13 colonies that battled a difficult war for our country and the 50 stars that represent the current states of the United States, a country I am proud to live in.

Each of the colors on the flag are important too. Blue shows vigilance, perseverance and justice. I believe vigilance represents the safety for everyone, looking for dangers to protect ourselves, perseverance stands for the determination of the peo-

ple of this free country to accomplish each and every goal, and justice represents fairness in trials, that you should not be influenced by others and treat people unfairly. These important things are what the color blue represents. The two have their own importances too.

I have also learned , the red in the flag symbolizes hardiness and valor, which in my opinion represents the bravery and struggles of the veterans to make sure that our country's freedom will not end.

I also learned that white on the flag symbolizes purity and innocence, which I think means that no matter what has happened to you, you are al-

ways free to do the right thing.

This truly special flag is why we say the Pledge of Allegiance each day, and honor the men and women who have sacrificed themselves and other for freedom, a precious thing that only a few countries give to their citizens. I hope people will want to recognize this important flag that lets us choose religions and if we want to vote. This flag also isn't any normal flag. It's *our* American Flag.

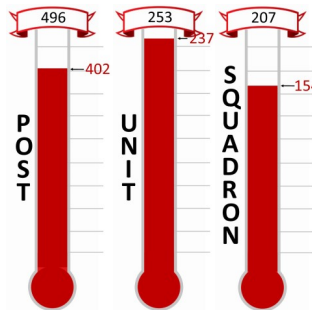
Thanks goes to Emma's teacher Jayd Brown for involving her class in this project. Ms. Brown has our thanks.

Update: Emma won 3rd place for the 6th District out of 10 entries.

Unit Leads Membership Work

Members of Unit #37 can take pride in their membership progress. The Unit is only 16 members short of reaching their goal.

Meanwhile The Post needs another 94 members to join or renew and the Squadron needs 53 to do the same.



Whichever you need, join or renew, it can be done online by going to legion.org. There are tabs and links there for Legion or SAL membership or you can go to legion-aux.org for Auxiliary membership.

Don't let your membership lapse. Renew now.

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Post Commander Jay's Comments

Hello everyone! Well, the first month of the new year is in the books. Hope everyone's year is off to a good start. The 50/50 raffles seem to be well received and they are vital to helping us both maintain the Post facilities, and carry out the various programs of the Legion family. We're looking to make it easier for folks to buy tickets by allowing the use of Venmo to make your purchase. It's ok if you don't use this digital payment service, we still take cash. If you have any ideas for a fundraiser please let me or one of the other officers know.

A reminder about renewing your membership if you haven't already done so. Membership dues are vital to helping us continue to serve you and the community at large. If you, or someone you know, is having difficulty paying their dues, please let us know so we can help.

I want to congratulate our 5th Grade Flag Essay Contest winner, Emma Chen for winning third place in the District contest. There's more on Emma in

the newsletter.

This isn't original, but I thought it was worth putting in here as a reminder:

"The American Legion's vision statement is "The American Legion: Veterans Strengthening America." The American Legion's value principles are as follows:

A VETERAN IS A VETERAN - which means The American Legion embraces all current and former members of the military and endeavors to help them transition into their communities.

SELFLESS SERVICE - which means The American Legion celebrates all who contribute to something larger than themselves and inspires others to serve and strengthen America.

AMERICAN VALUES AND PATRIOTISM - which means The American Legion advocates for upholding and defending the United States Constitution, equal justice and opportunity for everyone and discrimination against no one, youth education, responsible citizenship

and honoring military service by observing and participating in memorial events.

FAMILY AND COMMUNITY ENGAGEMENT - which means The American Legion meets the unique needs of local communities.

ADVANCING THE VISION - which means The American Legion educates, mentors and leads new generations of Americans.

HONOR THOSE WHO CAME BEFORE US - which means The American Legion pays perpetual respect for all past military sacrifices to ensure they are never forgotten by new generations.

The American Legion's motto is "Veterans Strengthening America."

It takes all of us to meet those Principles.

50/50 Raffle Update

As of January 23—the prize amount stood at \$310. Still time to enter.

Unit President Rachel's Comments

Greetings again! A HUGE thank you to everyone that helped out at January's Steak Dinner. It was the busiest night that I have seen since starting back up after the pandemic. We served over 90 people that night! It was a great success.

At our February 7th meeting we are going to have one of our state representatives, Beth Wessel-Kroeschell speak to us regarding what is taking place at the state house. Legislation is one of our committees that sometimes doesn't get much recognition.

We are inviting all Legion Family members to come hear her speak at the beginning of our meeting. Our meeting

begins at 6:30 pm. Since I'm on the topic of guest speakers, Puppy Jake will be bringing a special visitor to our March meeting on March 7th. All Legion Family members are invited to this as well.

I would like to focus this month on Junior Camp. Some of you may ask, "What is Junior Camp?" It is a 1 week long camp in which our Junior members learn more about the Legion Family. Iowa is fortunate to be one of the few states that offer this opportunity.

During this week the girls learn about Americanism, patriotism, along with some ways they can help veterans. They have guest speakers from various

civic organizations. They also have fun with many other activities that one would do at a summer camp, such as team building, songs and crafts. Each day has a theme and a program.

The week concludes with the Department Juniors Conference. At this event the girls elect the next year's Department Officers. Our own Sadie Breyfogle has been serving as Honorary Department Juniors President since being elected at this conference last summer. She will be conducting this year's conference. This month the 50/50 raffle will be used to help send our Juniors to Junior Camp.

Squadron Commander Doug's Comments

It is February and that means, among other things, that it is time for the Department Mid-Winter Conference in Des Moines. This year's conference will be held at the Holiday Inn Conference Center across from the Des Moines Airport from Friday, February 9th to Sunday, February 11th.

If you have never attended a Mid-Winter Conference, I strongly urge you to consider attending the opening session on Friday evening at 7:00 PM and the SAL Meetings on Saturday. Department Oratorical Finals will be held on Sunday morning at 8:00 AM. If you

want a truly eye-opening experience, sit in and listen to these finalists – they are amazing!

The Sons will be hosting the February Steak Dinner and will also be gearing up for our Spring Biscuits and Gravy Breakfast, currently scheduled for March 25th. We hope that you will consider attending these events. They help us raise money to support the programs that the Sons help sponsor and fund, like Boys State and our Post's Junior Shooting Sports Program, among others

Last call for membership. We did not

reach our 100% goal by January 1 and I am hoping that we can reach that goal by March 1. We were a little over 80% the last time I was able to check. If you haven't paid yet, we will be sending out one more reminder this month. If you are not going to renew your membership, please be kind enough to let us know by e-mailing me at dmac-crea@gmail.com so we stop pestering you about your membership.

In closing, I want to thank you for your service to our Post Family and to one another. Stay safe!

Clubroom News

Happy February! Hopefully you are surviving all this cold weather and snow. If you are itching to get out of the house the clubroom is a great place to come and visit with friends. Join us for a meal, cheer on the Cyclones (or your favorite team), or just to visit. We would love to see you.

We have had a busy January with lots of rentals in our reception room. If you are looking for a place to have a party or an event keep the Legion in mind. Members receive a discount and it is a great way to support the Post. Call the clubroom to inquire about availability.

Our longtime Legion member and Operations Chairman, John Schomaker, turned 80 in January and we celebrated with a big party. He had a great turnout and loved seeing all his friends and family. He would like to thank everyone for showing up and celebrating his day with him.

Super Bowl Madness- Join us Sunday, February 12 for the ultimate place to watch the Super Bowl. Enjoy the big game on our jumbo 110" TV. Please bring a munchie to share. Come watch the game with us!

Sunday, February 19-Daytona 500 party. Join us for NASCAR's biggest

race. Bring a munchie to share and have fun.

Soup Contest

Do you make an awesome soup? Enter it into our contest. We are asking that our members help with this fundraiser. All soups will be entered into the contest for a chance to win one of three places. All winners will receive a prize plus bragging rights for the whole year. We ask that entrants have their soup at the post by 5:45pm on the 24th, and also ask that you bring whatever compliments your soup the best (i.e. crackers, cheese, bread). Everyone is welcome to enter!! Free will donation will entitle all members to enjoy all the many soups provided by contestants. All proceeds benefit the Building Repairs Fund.



Thanks again to all who make everything possible for clubroom events. Your help is very much appreciated. Sandy and Mike

Deacon, John Schomaker, Tom Fowler, Ken Woodley, Bill Donovan, Russ and Vicki Belz, Julie Rinard, Colten Christensen, Rodger VanVoorhis.

SAL Merit Award

It is that time of year again, young people we know will be graduating soon. Many will be thinking about, and planning for their futures. For those considering post High School education or training you can help them out. By telling them about the Sons of the American Legion Merit Award you can help them pay for their continuing education. The S.A.L. Merit Award is better this year. We are now awarding \$1000.00 for 1st place, and \$500.00 for 2nd place.

The current High School senior is eligible if they are a descendant of an Ames Legion Post 37 Member (living anywhere) or if they are the descendant of a veteran, and attend High School at Ames or Gilbert High Schools, or if they are Home Schooled but live in one of the two school districts.

The application is available now through the Ames and Gilbert High School's web sites, the Home School network, or at the Post Clubroom (Just ask the bartender for a hard copy).

The deadline for submission is Wednesday, February 22, 2023 at 7:00 pm.

Quilts of Valor is hosting a Sew Day on February 4th at the Post. All crafters are welcome. Quilt making and plarn making are a few of the things that will be doing. Check it out at ameslegionpost37.com.

Legion Riders

What's the saying about the best laid plans? Wreath Day went off without a hitch. Thanks you all for volunteering to help put out 1800 wreaths in the Ames AND the Ontario Cemetery. We are so proud to have taken this project on and it couldn't succeed without all of you. Wreath pickup day however was just days away when mother nature decided to cover everything with several inches of snow. We've scheduled the day for pickup now to February 18th, if you'd like to come help us, we'll start at 8am and be done by noon.

Your Riders had a benefit this month for Wreaths Across America to take advantage of the Buy one/Get one Special that was going on. The Tattered Toad in Cambridge hosted a Meat and Cheese Palooza that drew over 100 attendees. When it was over, after expenses we raised over \$1200. All donations from December 17 to January 17, not only were a 3 for 2 donation, the 2 were matched 1 for 1. That means that a

single 10 wreath donation, actually brought in 25 wreaths.

Your Riders are putting the plans in place for this spring and summer already. We're going to new destinations for our dinner rides and moving some of the start dates and times to allow for longer rides as well. There's enthusiasm for brunch rides and for joining other chapter across the district and the state in their activities as well. There are plans for a ride across Iowa on Hwy 20, a District Ride to benefit the Legacy Fund, and our own annual Ride to the Rock where we travel out west to Menlo to see Bubba Sorenson's latest covering of the Freedom Rock and gather with other Riders from across the state.

The Riders have a calendar for the District and the Department now. Using the TeamUp app you can access all of the plans, rides, and events the Riders have. Department even has their calendar linked to it.

I myself am getting ready for Mid-Winter

conference, and I'm looking forward to seeing all of you there. As for your Riders, our next meeting is February 6th. Riders, if you haven't paid your Legion Family or Riders dues, please bring your renewal information and dues to that meeting. Don't forget to support the Post's 50/50 raffle. Every Ames Legion Family is benefiting and each one has a very valid use for the funds.

This is usually a slow month and short column for the monthly newsletter, winter is still upon us and typically these are the coldest months. If you travel make sure your prepared, stay in touch with both those at home and at your destination. Black ice is a thing, and any spot on the road that is in the shade is likely glazed. Slow down, allow extra time, and we'll see you at the post.

Thanks everyone, Ride safe, and Ride often

Cliff B


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FEBRUARY

<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	NOTE POST MEETING NIGHT CHANGE		1 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	2 DOG NIGHT OPERATIONS COMMITTEE 6:00 LEGION REGULAR 7:00	3 FIREBALL FRIDAY MUNCHIES NIGHT	4 SEW DAY QUILTS OF VALOR STEAK DINNER 5:00—7:00
5 BINGO		6 LEGION RIDERS 6:30	7 TACO TUESDAY AUXILIARY REGULAR 6:30	8 WINESDAY WEDNESDAY CURBSIDE MEAL LASAGNA	9 DOG NIGHT	10 FIREBALL FRIDAY MUNCHIES NIGHT
12 SUPER BOWL PARTY BINGO	13	14 TACO TUESDAY SAL REGULAR 6:30	15 WINESDAY WEDNESDAY CURBSIDE MEAL TUSCAN CHICKEN	16 DOG NIGHT SOCIAL COMMITTEE 6:00	17 FIREBALL FRIDAY MUNCHIES NIGHT	18 PAST PRESIDENT'S PARLEY 10:00
19 DAYTONA 500 PARTY BINGO	20 VFW POST MEETING 7:00	21 TACO TUESDAY	22 WINESDAY WEDNESDAY CURBSIDE MEAL JAMBALAYA	23 DOG NIGHT 40&8	24 FIREBALL FRIDAY SOUP CONTEST	25
26 BINGO	27	28 TACO TUESDAY	 Find us on Facebook at American Legion Family of Ames, IA Post 37			