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# Ames Legion Family In Action

## What to Do to "BE THE ONE"

As you've probably heard, the #1 issue facing those who served is veteran suicide. One of the biggest reasons for this is the stigma associated with mental health issues, which keeps veterans from seeking the assistance they need.

There are several reasons for this, they fear loss of their job, they think they are able to handle their situation themselves, or they don't think others can understand their situation.

To combat this the American Legion is activating a national ad campaign to destigmatize mental health issues. The goal is to make it okay for veterans to ask for help. So, what can you do? Here you go:

### Friends or Family

#### Be The One To:

**Ask** veterans in your life how they are doing

**Listen** when a veteran needs to talk

**Reach Out** when a veteran is struggling

### Veteran

#### Be The One To:

**Talk** with others about how you are feeling

**Ask** for help when you know you need it

**Remember** you are not alone

### If You Are A Veteran and In Crisis

#### Call 988 and press 1

Or go to

[VeteransCrisisline.net](http://VeteransCrisisline.net)

Remember you could Be the One to help prevent a veteran from becoming a statistic. We need everyone that knows or is connected to a veteran to be part of this effort to combat suicide.

Have you thought what it means when the time may come for you to "Be The One", when you learn that a family member or fellow veteran is considering ending their life? What will you do?

Dr. David N. Brown, a licensed marital and family therapist, who currently serves as the Behavioral Health Specialist for Iowa State University and Outreach discussed that event and what to do at the Iowa Midwinter Conference.

His message was based on the acronym **C-O-R-N**. Those initials stand for the following of what to do when faced with the possibility that some close to you is thinking of suicide.

**Choose to Engage.**

**Offer support, listen, and respectfully ask, "Are you thinking about killing yourself?"**

**Refer person to helplines, lifelines, or local resources.**

Never leave the person alone or without a plan, and **never leave the person without hope.**

He distributed pocket cards with the following information to be used as needed.

#### If Stressed

Iowa Concern Hotline  
 1-800-447-1985

#### If in Crisis

988 Suicide & Crisis Lifeline

Call or Text: 988

Call: 800-273-8255

Call: 988lifeline.org/chat

#### Veterans Crisis Line

Call: 988 then press 1

Your Life Iowa

Call: 855-581-8111

Text: 855-895-8398

Every period of combat has struggled with this problem. Let's be the generation that solves it.

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## Post Commander Jay's Comments

Greetings! I hope this finds everyone well. February saw a number of the members of the Ames Legion Family at the Department Mid-Winter Conference in Des Moines. Our contingent from Ames made up between 8-10% of the attendees. There was a lot of good information put out, but the main focus was primarily in two areas and they are a main focus of the National Leadership as well, Be the One and Buddy Checks.

Be the One focusses on veteran suicide. This month's front page article focusses on that problem and what **We All** can do to help. If you help save one veteran from ending their life, you will have done a great thing.

The other main area of focus was on Buddy Checks. Back in May of 2019, a formal Buddy Check process was established and made concurrent with the weeks of Veterans Day and the Ameri-

can Legion Birthday. As noted in Resolution No. 18, which formalized the process, "Serving those who serve is an honor and distinction not unique to the American Legion, but one Legionnaires should endeavor to serve as an example for all Americans; and our most sacred responsibility is to care for our fellow men and women who served this nation with honor..."

We don't have a formal process in the Ames Post for doing Buddy Checks. It is my goal to establish a process, but I'll need your help. The Ames Post has nearly 500 members, and while at first glance the idea of trying to contact all of them may seem a bit overwhelming, it can be done. This is something you can do from the comfort of your home, you don't need to come to the Post. While there will be a general timeframe of when calls should be made, within that timeframe you're free to set your own

schedule for making calls. It doesn't cost you anything but your time. You may even make a new friend or two. As I mentioned, we have almost 500 members, if we got 20 people to volunteer to make calls, that would be roughly 25 calls/person. The more volunteers we have the less calls each one must make. I will also say this, I don't consider this a Legion thing, or an Auxiliary thing, or an SAL thing, or a Riders thing, this is a Family thing, and as such I would look for support from the whole Family.

There will be more information on the Buddy Check process in future newsletters as we get it established.

Remember you could Be the One to help prevent a veteran from becoming a statistic.

Thank you and Happy St. Patrick's Day to all those of Irish decent.

## Unit President Rachel's Comments

Puppies! At our March 7th meeting Puppy Jake will be at our meeting! This is a great organization that trains service dogs for veterans at no charge to the veteran in need. We are inviting members from the Legion Family to attend and hear about how this organization helps our veterans. Our meeting starts at 6:30 p.m.

Calling all bakers!! The Unit will be once again having their annual bake sale in conjunction with the SAL Biscuits and Gravy breakfast on March 25th. If you can bake it, we can sell it!

Mid-Winter was a great success. There was a lot of information sharing as well as fun during this event. The Juniors managed to also collect thousands of pop tabs, which amounted to 1/2 trunk full. Needless to say, the first stop on the way home was the Ronald McDon-

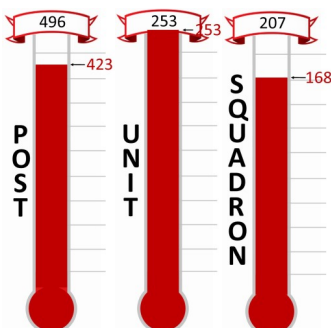
ald House to drop off this donation. This is an example of a way one can help out a couple of the Auxiliary programs, Juniors and Community Service. I will touch on the latter. Community Service is helping those out in the community, just like the title says. It helps bring together people for a common cause. It's voluntary (unpaid) work that helps your local community, the state or even the nation. There are so many ways that one can help, that it's impossible to list them all here. Essentially, if it benefits the community, it's most likely Community Service. Keep track of these hours so that we can submit on our Unit Impact report in April. This report shows how we as Auxiliary members help and make an impact in our community, whether it be for our veterans or the general public

Once again this year, one of our Junior members and Girl Scout, will be selling Girl Scout Cookies for the Iowa Veterans Home in Marshalltown. She is doing this for a limited time, until March 4th. By using the unique QR code at the end of this article, select Girl Delivery and use the address of Iowa Veterans Home.

A reminder that the 6th District Junior Conference will be held on March 26th at 2:00 pm at the Story City Legion. Registration will begin at 1:30. Senior members are encouraged to attend and bring Juniors!!



## Membership Update



There it is folks. The Unit is at goal while the Post needs another 73 members and the Squadron is short 39.

The first thing we need to do is congratulate the members of the Unit for reaching their goal but especially the membership workers led by Chairman Sandy Deacon. Great work, people.

Now we need to follow their example and get the job done for the Post and Squadron. Personal contact is the best tactic.

Everyone that reads this bulletin is a veteran or has a veteran in their family. Odds are you know another veteran or the male descendant of a veteran. Ask them if

they are a member. If not, ask them to become one. We need everyone's help to reach those goals. That is how the Unit did it, with everyone helping. Let's join them.

## 50/50 Raffle Update

The 50/50 raffles have gone well into the 3rd month. December saw that winner walk away with \$471.50 with January's winner taking home \$410.00.

This month the Unit has designated Junior camp as the program to receive the money. At this writing, the prize amount is \$243.00 with 7 days yet to go before the winner is drawn.

Make sure you get entered in the raffle. Tickets are \$1 or 6 for \$5. We will be setting up a Venmo account so you can purchase tickets that way. Information on that will be in the next newsletter.

## Clubroom News

March is almost here so Spring is hopefully just around the corner. We are excited about warmer weather and more sunshine! We have lots of fun events going on the clubroom this month with a fish fry, tenderloin basket night and our Wednesday curbside meals! Don't forget you can catch all the college basketball tournament action in the clubroom. If Iowa State plays an early game for any tournament we will open so you can watch the game here. Watch our Facebook page for any updates! We hope to see you soon!

Here are the Curbside Meals for March:  
 Wed. March 1-Ham Balls  
 Wed. March 8-Burger Night  
 Wed. March 15-Chicken Fried Steak  
 Wed. March 22-Chicken Enchiladas  
 Wed. March 29-Beef Stroganoff  
 Please remember I try to not to have a

lot of leftovers on our main Wednesday meal. It helps me plan and make sure I have made enough if you order ahead of time. If you show up after 5pm in hopes of getting something you run the risk of it being sold out. You can always call after 2pm on Wednesday's, message me on Facebook or stop in earlier in the week to reserve your meal.



Kudos to everyone that has helped around the clubroom this month. You make all the meals and events possible.

Mike and Sandy Deacon, Tom Fowler, Russ and Vicki Belz, Julie Rinard, Bill Donovan, Colten Christiansen, Ken Woodley and Rodger VanVoorhis.

## Legion Riders

It's almost springtime! I notice the new (ish) trees in the backyard have small buds starting, that made me smile, I'm seeing more and more signs that we made it through another winter. Yet again, mother nature stepped up to make her mark on things. We've had to postpone the WAA Wreath Pickup again. hopefully not for long but a fresh few inches of snow made it necessary. Stay tuned for the new date in early March.

We are also going to be doing a full inventory of our Veterans graves, counting them, and ensuring that markers are in place. We'd like to have this done by Memorial Day for the flags to be in place. We've also just recently been asked by the City of Ames to consider adopting a new flower garden. The Parks and Rec Department is planning a flower garden around the Lest We Forget monument. Because of our efforts with WAA, they have asked that the Ames Riders be the sponsor of it.

A few changes are coming for the Riders. We're going to change up the dinner ride schedule between Saturdays and Sundays to allow for both longer rides and to visit some other posts as summer goes on. We've set the date for our Ride to the Rock Ride to the Freedom Rock in Menlo, IA. As always it's the first Saturday after Memorial Day, this year that is June 3rd. Also on the Ride calendar is the Sleeping Angels Fun Run to benefit the Sleeping Angels Foundation. May 6th, motorcycle riders from all over Iowa will leave Boone on a mission unlike any others. Joey Droste

of Boone is a personal friend of mine and he leads a foundation to offer assistance and support to families who tragically lose children in infancy. If your interested in more information, visit [SleepingAngelsFoundation.com](http://SleepingAngelsFoundation.com).

Plans are also underway for the second annual 6th District Legacy Run to benefit the American Legion Legacy Fund. The Ames Riders will join with Riders from all across the District and ride to raise funds for the Legacy fund. Legion Riders across the country have adopted this cause as their own. Last year the 6th District raised over 2 thousand dollars. That couldn't have happened without your support. If you'd like to donate, reach out to your Ames Riders, any amount is appreciated. Checks can be made out to the American Legion Legacy Fund. The monies raised will be taken personally to National Convention in Charlotte and presented on stage along with funds from all across Iowa. Last year Iowa raised over 9 thousand dollars in it's first year. Help us make Iowa proud and let us deliver your donations for you. April is the Ames Riders first turn at selling 50/50 tickets. 100% of our proceeds will go to the Legacy Fund, we're looking forward to helping this wonderful cause.

The riding season is shaping up, if you get out before the roads are washed clean, please be careful. Keep your head on a swivel, others drivers aren't looking for us yet.

As always, Ride safe, and Ride often,  
 Cliff B

## Commander Doug

Punxsutawney Phil predicted six more weeks of winter last month. Sure hope he is wrong (thankfully he usually is!). With any luck, winter is now behind us and we can look forward to spring like weather. I don't know about you, but the cold weather has worn me out and I am looking forward to some warmer temperatures and March Madness – go Cyclones!

On March 25<sup>th</sup>, we will host our Spring Biscuits & Gravy Breakfast (volunteers needed). Mark your calendars and join us for this hearty and filling free will donation meal. The proceeds we collect from this breakfast help us fund many of the programs we support such as our Merit Scholarship Program, Junior Shooting Sports Program, Boys State and in helping make Christmas enjoyable for needy families in the area.

This month we also take time to celebrate the Legion's birthday. As the Sons embark on their 82<sup>nd</sup> Anniversary, let us remember the efforts and sacrifices of our veteran parent and grandparents that make the Sons of the American Legion possible and the positive impact that we, as Sons, have, not only on our Post and Legion families, but the Ames community in general.

We had a good representation from the Squadron at Mid-Winter Conference, and I thank all those who made the effort to attend. Everyone had a great time meeting members of our Legion Family from across the state, crew members of the USS IOWA (SSN-797) and listening to the Department Oratorical Contest Finals (see what you missed!).

March also starts the nomination process for Squadron Officers as a Nomination Committee will be established and we start looking for candidates to fill the many Squadron leadership positions for 2023-2024. I encourage all of our Sons members to consider filling one of these positions. I think you will find it a personally rewarding experience serving and supporting our Legion Family, our veterans, their families and the community. If you are interested in being part of the Squadron leadership team for the coming year, please contact either myself or the Squadron Adjutant, Mike Deacon.

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

AMERICAN LEGION POST NO. 37  
 225 Main Street  
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RETURN SERVICE REQUESTED

NON PROFIT ORG
US POSTAGE
PAID
Permit 147
Ames, IA

# MARCH

<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	Facebook at American Legion Family of Ames, IA Post 37	1 WINESDAY WEDNESDAY CURBSIDE MEAL HAM BALLS	2 DOG NIGHT OPERATIONS COMMITTEE 6:00	3 FIREBALL FRIDAY MUNCHIES NIGHT	4 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 BURGER NIGHT	9 DOG NIGHT LEGION REGULAR 7:00	10 FIREBALL FRIDAY MUNCHIES NIGHT	11
12 BINGO	13	14 TACO TUESDAY SAL REGULAR 6:30	15 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN FRIED STEAK	16 DOG NIGHT STORY COUNTY MEETING SOCIAL COMMITTEE 6:00	17 FIREBALL FRIDAY MUNCHIES NIGHT	18 PAST PRESIDENT'S PARLEY 10:00
19 BINGO	20 VFW POST MEETING 7:00	21 TACO TUESDAY	22 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN ENCHILADAS	23 DOG NIGHT 40&8	24 FIREBALL FRIDAY TENDERLOIN BASKET 5-6:30	25 BAKE SALE BISCUITS & GRAVY BKFAST QUARTERLY DRAWING 4-6:30
26 BINGO	27	28 TACO TUESDAY	29 WINESDAY WEDNESDAY CURBSIDE MEAL BEEF STROGANOF	30 DOG NIGHT	31 FIREBALL FRIDAY FISH FRY 5:00—7:00	