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**Unit President: Jamie Barker**  
**Squadron Commander: Cort Pahl**  
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[www.alaforveterans.org](http://www.alaforveterans.org)  
[www.sal.legion.org](http://www.sal.legion.org)

# Ames Legion Family In Action

## POST AND SQUADRON DUES TO INCREASE

The membership dues of the Ames American Legion Post #37 have been increased from \$45 to \$55 effective January 1, 2024. This action was taken at the October Post meeting by a second action to amend the Post Bylaws.

Approval of this action was necessary at two consecutive Post meetings in order for that amendment to be approved.

Increasing the Post dues also causes the dues for any SAL member age 21 or over to also increase to \$55.

It was necessary to take this action for two reasons. First, the Department of Iowa made the decision to increase our Department dues by \$5 effective in January. Secondly, the National Convention in August voted to raise the national dues also by \$5 effective in July 2024.

Rather than take two votes that would both be necessary, the Post leadership recommended that we "bite the bullet" once now rather than twice in the next six months.

Also you should know that the Post leadership also discussed whether we should be raising our local dues also now. They decided that a total increase of \$15 was just too much all at once.

So what does this mean to you?

First if you have already renewed your Legion or SAL membership for 2024, then you need to do nothing. You avoided the dues raise simply by renewing early.

If you have not renewed for 2024 yet, NOW IS THE TIME. Ten dollars is not a huge amount but it is still \$10. Renew now and save that money.

This does create an opportunity though. If you have ever thought about purchasing a Paid Up For Life



(PUFL) membership, now may be the

time. PUFL memberships are based on your age and your Post dues. With dues about to go up, a PUFL membership will be cheaper now than in two months.

If you want more information on PUFL membership, contact 1st Vice Commander, Dave Rehbein at [davidrehbein@msn.com](mailto:davidrehbein@msn.com).

Regardless, be aware that this increase in dues was unavoidable. It has been 6-8 years since the last dues raise. We all know what costs have done over that time and especially in the past two years. The Legion and SAL have been good stewards of your dues money but this raise was inevitable unfortunately.

## 55% Target Date Drawing Winner

The Post successfully reached 55% of our membership goal by the target date. The winner of the dues refund from the group of paid 2024 members was:

William Lodermeier.

The next target is 65% on November 15. You must be a 2024 member on that date to be eligible for the drawing.

## Legislative Season Coming

Last year's legislative session was the most successful for veterans benefits in memory. Your help with advocating with our legislators was part of the

reason for that success. Please be ready this year when the legislature gavels to order. You may be called on to help.

### Inside this issue:

Post Commander	2
Unit President	2
Squadron Commander	2
Clubroom Events	3
Legion Riders	3
Words of Veterans Project	3

## Post Commander Jay's Comments

Greetings Legionnaires! Hard to believe November is already upon us. I'll be brief this month. 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), Saturday, November 11 at 11 AM. I'd like to encourage everyone who can 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 on November 18<sup>th</sup> that will

be held at the Plex on the northside of the city near the Ames Golf and Country Club.

If possible, please come out and support activities at the Post. On November 4<sup>th</sup> we'll have our monthly Steak Night hosted by the SAL. On November 10<sup>th</sup> there will be a baked potato bar prior to the always fun Music Bingo.

Finally, if you have not paid your dues please do so and avoid the dues increase which will take effect on January 1, 2024. If you renew before then dues

will be \$45, after January 1, they will increase to \$55. This is to cover a \$5.00 increase in what we must send to Department which takes effect in January and a \$5.00 increase in what we must send to National which will take effect in July. Rather than doing two separate increases to the dues, we chose to do it all at once.

Wishing you and your families a very Happy Thanksgiving! If you'll be traveling, take care and be safe, we want to see you back at the Post.

## Unit President Jamie's Comments

November is the month of Thanksgiving and let's take a moment to thank our Veterans! On Saturday, November 11<sup>th</sup> at 11 a.m., there will be a Veteran's Day Program at City Hall which will be open to the public and will also be live-streamed. Attending these events often remind us of our mission to continually work to better the lives of our Veterans.

**November Meeting:** At our meeting on November 7<sup>th</sup>, we will be holding an Initiation Ceremony for all members who have not been initiated. If you have not been initiated, this is your opportunity to learn about our founding principles and be officially welcomed to our Unit. Please RSVP to [amesunit37@gmail.com](mailto:amesunit37@gmail.com) if you plan to attend. Meeting will start at 6:30.

Also at our November meeting, we will have 2 of our Girls State citizens from 2023 come to speak with us. We will open our meeting as usual and ask our speakers to share their experiences from last year. Program information can be found here: <https://www.iowagirlsstate.org/> and as a reminder, if you know a student who will finish their Junior year in high school and may be a good candidate for this awesome program, please get their contact information to our committee chair, Ann Rehbein. Dates for 2024 are now set for June 16-21. In addition, volunteers (particularly nurses) are needed to make this a success! Please mark Dec. 9<sup>th</sup> on your calendars for our annual cookie fair held in con-

junction with the SAL Biscuits and Gravy Breakfast. We will need your help in donating your beautiful baked cookies. The profits from these fundraisers help us aid our veterans and their families through many of our programs.

Finally, if you haven't paid your dues for 2024, please do so as soon as possible. We are trying to get to 75% by Veteran's Day and we were at 60% as of October 13<sup>th</sup>, so we are getting closer! Help us meet our goal and enter your name to win a gift card from our Department of Iowa Membership Committee. Details are on page 22 at [Publications | Iowa American Legion Auxiliary \(iowaala.org\)](https://www.iowaala.org)

## Squadron Commander Cort's Comments

The American Legion and its family of organizations were established after the Civil War, but I'd like to think that it is proper to remember all that served our country, regardless of the timing. We owe our gratitude to all veterans since our Nation's founding.

The Ames SAL Squadron was busy last month. Your SAL, along with the American Legion, Auxiliary and the Legion Riders, participated in the 37th Annual Academic Awards at Ames High on October 5. This has been an important partnership with the Ames High School for decades and we are committed to seeing it continue to encourage and recognize academic achievement.

On Oct. 3rd Keven Brace and Steven



Malmquist presented the 50-50 check in the amount of \$425.59 for the Iowa Veterans Home to Jack Stuebaker Post #739 Commander at their meeting.

At our October meeting, Squadron #37 member and SAL Detachment of Iowa Chaplain Levi Frost discussed his work to address suicide prevention in his community and school, Osage Community School. We are proud of Levi's efforts towards this extremely important

issue.

The SAL Steak Dinner is set for November 4 - please mark your calendars and come out and support your Squadron.

If you haven't yet, please submit your membership dues - soon! **IMPORTANT NOTE: Squadron annual dues are set to increase by \$10 (to \$55) on January 1, 2024.** We realize that's quite a jump for some, but dues haven't been increased since 2015. Even at \$55, these rates are still a bargain given all that membership provides each of us and the good work your Squadron does.

## What Will Ten Dollars Buy?

So will that \$10 dues increase cause you to not renew? Think about it for a minute. What is it that \$10 will buy that you will miss that much? It is 2-3 trips through the drive-through at Starbucks.

Pretty much it is only one trip through at McDonalds. Think about it as about 3 gallons of gas, probably 70 or so miles. Depending where you are, \$10 is 2 or 3 of your favorite adult beverage.

The point here is which of those is more important that your membership in the world's greatest veterans organization, the one that helps more of your comrades than any other in Iowa.

## 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 1-Hot Beef \$8  
 Wed. Nov 8-Meatloaf \$8  
 Wed. Nov 15-Lasagna \$8  
 Wed. Nov 22-Burger Night \$8  
 Wed. Nov 29-Tuscan Chicken \$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 3-Tenderloin Night**  
 5-6:30pm- One of your favorite's is back. Join us for a great meal!

**Friday, November 10-Baked Potato Bar 5-6:30pm and Music Bingo 7pm—??**

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

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



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

## Legion Riders

Fall is upon us and with it the riding season is reduced to a day here or there as available. Fall in Iowa means the annual changeover on implements. Mowers and trimmers give way to blowers. Both kinds, leaf, and I hate to say it, Snow. Some tips for the Engines and what I do for the change. Gasoline doesn't store indefinitely, it will oxidize and go "flat" like a soda left open on the counter. a few simple tips will mean you're down to "Gas and Go" for whatever season is upon us.

Small engines don't play well with Ethanol. If you aren't using premium or a no alcohol fuel already, I'd strongly suggest the change. This is particularly important in the two stroke engine category. Ethanol breaks down the oil and can cause piston and cylinder issues and in some cases cause the seals inside the fuel system to fail leading to hard starts, or worse.. If you are storing a 2 stroke for more than a month or so, empty the fuel mix back into your 2 stroke mix fuel can, and then start the engine, then just let it idle until it runs out of fuel and you're good to go. Seal the 2 cycle fuel and it should keep until spring. Storing a fuel and oil mixture much more than 6-9 months though can also cause hard starting and low power, so it's time for it to go away. I dilute it into regular premium fuel and run it in the mower. the

small amount of oil burns off causes no issues. For the larger 4 stroke engines, like lawnmowers and such, you can just drain or siphon the fuel out and let them run themselves out and they'll store until spring easily. Electric start mowers should have the battery removed and stored in a location (not your house) that is less prone to freezing like a shop or garage.

Motorcycles are different. An empty metal fuel tank can condense ambient moisture and cause it to begin to rust inside. This is bad on fuel injected engines. When it comes time, I like to fill the tank with fresh fuel and add the appropriate amount of Sta-Bil or other fuel stabilizer. Then I let them run for a few minutes and prepare to put them on an automatic battery tender. The same can be done for cars that don't see the winter weather. Then when spring does come back, presto! You've got a full tank already. Ride on!

Hope this helps and now what are your Riders up to.

Well, can days are done for the year but we will still take them if you let us know you have them, or they can be dropped off at the West Ames can redemption center in the name of the Legion Riders. We are busy prepping for Wreath day on December 16th, at 11 am. Any-

## Words Of Veterans

Hello everyone! My name is Sadie Breyfogle and I am one of the only active juniors in our Unit.

After my projects as Department of Iowa Honorary Junior President, I have decided to do something similar for my Girl Scout Gold Award. The Gold Award is equivalent to the Boy Scout Eagle Scout Award and is the highest honor a Girl Scout can achieve.

My project is called Words of Veterans, of which I will interview veterans about their time in the military including experiences, good or bad memories, and much more. This project is solely based on the veterans themselves. I respect each individuals' privacy and will not publish anything the veteran does not want public.

Oh! That's right! A requirement for the Gold Award is that it needs to be sustainable on its own. To meet this, I have decided to create a website that will continue to update as I interview veterans. This is a great way to compile all of the stories into one place.

Why am I doing this? It's simple, we do not get taught in school what it is like to actually be in the military. We get taught what the military itself has done, such as the battles during the Civil War, World War II etc.

I think, especially with the Army being 10,000 recruits short this year, it would be beneficial to educate the public on why we should appreciate what those in the military have done for us. If you would like to take part in my project, please email me (I've included my email at the bottom of this)! It would be greatly appreciated.

Please note I also have an Agreement Form that will lay everything out so there is hopefully no miscommunication.

Thank you!  
 Sadie Breyfogle  
 wordsofveteransgold@gmail.com

one wishing to help can meet us at the cemetery that day. The ceremony begins at 11am sharp.

We have had a very successful 2023 as a chapter and we look to continue that and change things up a little next year. None of this success could be possible without your help and support. Thank you.

As always, Ride safe, and Ride often.

Cliff B.

Ames ALR Director.

AMERICAN LEGION POST NO. 37  
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# 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 WINESDAY WEDNESDAY CURBSIDE MEAL HOT BEEF	2 DOG NIGHT OPERATIONS COMMITTEE 6:00	3 FIREBALL FRIDAY TENDERLOIN NIGHT 5:00-6:30	4 STEAK DINNER 5:00—7:00
5 BINGO	6 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	7 GRILLED CHEESE & SOUP AUXILIARY REGULAR 6:30	8 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	9 DOG NIGHT LEGION REGULAR 7:00	10 FIREBALL FRIDAY BAKED POTATO BAR 5:00-6:30 MUSIC BINGO 7:00—??	11 VETERANS DAY @ CITY AUDITORIUM PROGRAM @ 11
12 BINGO	13	14 GRILLED CHEESE & SOUP SAL REGULAR 6:30	15 WINESDAY WEDNESDAY CURBSIDE MEAL LASAGNA	16 DOG NIGHT 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 GRILLED CHEESE & SOUP	22 WINESDAY WEDNESDAY CURBSIDE MEAL BURGER NIGHT	23 THANKSGIVING CLUBROOM CLOSED	24 FIREBALL FRIDAY MUNCHIES NIGHT	25
26 BINGO	27	28 GRILLED CHEESE & SOUP	29 WINESDAY WEDNESDAY CURBSIDE MEAL TUSCAN CHKN	30 DOG NIGHT 	Find us on Facebook at <b>American Legion Family of Ames, IA Post 37</b>	