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Unit President: Jamie Barker
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Ames Legion Family In Action

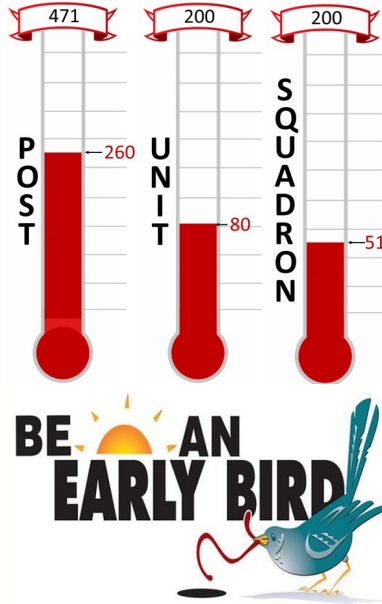
Membership Drive Started—Early Birds Invited to Breakfast

The membership year is underway for 2025. You can see the progress that we have already made.

Don't think that the Unit and Squadron are behind! It may look that way but they have not yet had the benefit of renewal notices being mailed. The 80 Unit members and 51 Squadron members that have renewed for 2025 are those that are dedicated and don't need that reminder.

The Post members have received their first reminder notice and you can see where we stand, right at 55%. Iowa as a whole is at that same number, 55.34% and 12th in the nation.

We are bringing back a tradition of the Ames Post in membership this year. For many years, there was an Early Bird meal in November for those that had renewed.



That tradition is returning this year for the whole Legion family, not just the Post.

Mark Sunday November 10 on your calendar. Everyone that has their membership renewed for 2025, Legionnaires, Auxiliary or Sons will enjoy a free breakfast at the

Post.

We don't have all the details yet but that date is set. Breakfast will be free and there will be door prizes.

One item that we know will be on the menu, pork loin. The Deb and Jeff Hansen Foundation has a program called Pork for Patriots to assist organizations celebrating Veterans Day.

We have been granted 2 cases of pork loin for our Early Bird Breakfast/Veterans Day celebration. That is enough for 480 4oz servings. We will have plenty and may use some for door prizes.

Anyway, don't wait until November 10 to renew. Everyone that renews now or even that day is eligible for the free breakfast and door prizes. Don't put it off and get left out.

Post Featured on Channel 13 News

Ames Post #37, Be The One and Ron Kobeluch were featured as a large part of the Channel 13 news program on Sunday, September 22.

During the Octagon Art Festival, we hosted two veteran artists to display their work during the VA Creative Arts Festival.

Also addressed in the story was Ron's work on suicide prevention and how art can be a part of that for veterans and the public in general.

The story can be seen [here](#) on Channel 13's website or on the Post Facebook page, American Legion Family of Ames, IA Post 37.

Ron has a table set up each Saturday for Farmers Market as well as during the Arts Festival. His work is helping the veterans and people of Ames that might be suffering from suicide tendencies as well as bringing awareness to what The American Legion does.

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Post Commander Cliff's Comments

How can it be fall already? It's time for sweatshirts, chili, football, and of course the Steak dinners. Our first dinner went pretty well, and while I would like to see attendance grow, I know we were competing with Iowa State taking Iowa all the way to the end, and then bringing the Cy-Hawk trophy back to Ames where it belongs. It was a great game, we had a terrific crowd and I want to say I was proud how the day went. Everyone had a good time, it stayed fun, and it made me smile at the friendly back and forth between fans. We need more of that.

I noticed the upper east side of our building has been "tagged" recently. Once the aggravation of it went away, I will admit I was disappointed. Greg and I will work on cleaning it, but how little respect does someone have to have to deface a Veteran's Post. I don't get it, but I won't allow it either. Nobody gets to decide what our building looks like

except for us. This brings me to say that all too often the American Legion can get almost pushed to the back burner when there is a bar or canteen is involved. They become known as a bar more than an American Legion Post. I'd like to take a few moments of your time to ask a favor. Remember where we are and more importantly **who** we are. Be proud that we have a building that is as nice as we do. We don't have a dedicated cleaning service. We don't have the luxury of someone else to pick up or clean up. It's not the bartender's job, it's on all of us. We have a handful of volunteers that step up and mop and sweep and I'm thankful that we do. There was a ton of effort put into the post before the National President's visit, and it looked great. We need to make it a point to pick up after ourselves. I understand, spilled drinks and dropped popcorn happen. If you need a broom or a mop or just a towel, say

something. If you see something on the floor, pick it up. Secondly is language. I'm not a saint or a prude, I know all the bad words and trust me I use them. But there is a time and place for them. Please be considerate, particularly when there are meetings taking place. We often have guests, both young and old, and as they say voices carry. There's no need to yell profanities across the room, no matter how bad the refs blew the call. I want everyone to be proud of our Post, there are a great many that don't have the facilities that we do, or who are only open for meetings. I want us all to celebrate it, and we need to take care of it. The reason we exist at all as an organization is to be one of respect and of remembrance.

Thank you all for your service, to the Veterans, and their families, we are here for you.

Be The One

Unit President Jamie's Comments

Happy Fall everyone! In August, many of us attended the National Convention in New Orleans and got some new information to share with others while we also watched the installation of our Department President, Verlinda Prior. One of the evenings, we got to go see the WWII Museum which was absolutely fascinating, so if you get the chance to visit New Orleans, it is a must-see. I also attended a breakout session on Be The One which will continue to be a Legion focus going forward. I learned two new things from that session that include the fact that there is an app for our phones that walk us right through the right questions to ask someone in crisis. Also, did you know that a person

can TEXT 988? Well, I didn't either, so I'm happy to share that with all of you. The Iowa Legacy Rides raised \$23,000 and I would like to thank our unit for being a donor to that great cause of the [Veterans and Children's Foundation](#).

In September, we had a productive Story County meeting convened by President Joyce Elliott and had President Verlinda in attendance. Congratulations to Jan Schmidt who was appointed as a member to the bylaws committee. Thank you for being willing to help with this endeavor. We need to keep a critical eye on what we are doing and how we are doing it. Volunteering for committees is necessary so we don't have just a few people carrying

the load.

In October, we will have our district conference on Oct. 5th and will host the Downtown Trick or Treat. Many thanks to those members who pack treat bags and hand them out to the youngsters that come by. These are the community and children and youth programs that make an impression and show this community that we are here and we care. Thank you all for being that forward facing group. You represent us well.

I look forward to seeing you at our next meeting on Tuesday, Oct. 1 at 6:30. If you haven't paid your dues yet, please do so as soon as possible.



Enclosed with this issue is the annual nut sale flyer 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!

Sixth District Conference

The Fall Conference of the Sixth District will be hosted by the Pleasantville Post and Unit on October 5 in the Pleasantville Memorial Hall at 101 N. Jefferson St. The general session will begin at 9 AM with Executive Board meetings prior to the general meeting.

For anyone that is thinking about getting more involved, these meetings are a great place to start. Information on the operation of the Department Headquarters and Service Office will be available as will information on programs of the district.

This is also a good time to meet other members of the Legion family of central Iowa.

JSSP Club Expanding



Coach (& Squadron Commander) Cort Pahl is reporting growth in the JSSP Club. This year, 24 young people have signed up.

The club will now be shooting on the upper floor of the Izaak Walton clubhouse. We are buying a larger safety curtain to protect the property but are having delays in getting it delivered. We will be borrowing equipment from Headquarters until it arrives.

This growth shows the popularity of shooting sports. We thank Coach Cort and his assistants for their work.

Clubroom News

Greetings from the clubroom! Fall is here and football season is upon us. We again this year have the NFL Sunday ticket so if your looking for somewhere to watch your favorite team, come to the clubroom! The Cyclones are off to a great start so come cheer them on with your friends at the post. The Post will open half an hour before game time if its not during our regular hours. Bring a munchie to share and watch the game with friends.

We are still looking for a bartender or two so if you know anyone looking please have them send me a message or stop in and fill out an application.

Here are the Curbside meals for October:

Oct 2-Grilled Pork Chop

Oct 9-Lasagna

Oct 16-Ham Balls

Oct 23-Hot Beef Sandwich

Oct 30-Chicken Fried Steak

Call the Post anytime after 2pm on Wednesday to order your meal. Don't forget to check the weekly update for the full menu.



THANK YOU Kudos-Thanks to all that helped around the clubroom this past month and covered for me so I can make all my daughter's events. I appreciate you all so much!! Tom Fowler, Julie Rinard, Ken Woodley, Rodger VanVoorhis, Paul Madson, Bill Donovan, Russ and Vicki Belz, Marty Kelly, Greg Hobbs, Mike and Sandy Deacon.

Squadron Commander Cort's Comments

The American Legion Family is kind of a big operation. (I'm understating the reality.) There is a lot going on with the Post in terms of social activities, basic operations, veteran and youth programs and critical fund raising efforts to make all these things happen. Your Squadron is smack dab in the middle of it all doing its part, with the rest of the American Legion Family at Post 37.

In some ways, we don't do a very good job asking for help. Its kind of an American thing, I suppose not to ask. But, plain and simple, we need help with a lot of things, but specifically, we need help right now running our Sunday Bingo operation. For some time, the responsibility has fallen on the shoulders of a few who are faithful to volunteer more than their fair share of the load week in and week out. We need to fix that right now. Four or five additional folks from the Squadron committing to helping out even once a month would make a huge difference. Email me right now to let me know you are available to help with this important operation. The American legion needs you! Contact me at thecortster@hotmail.com.

Speaking of volunteers, did you know that it takes five coaches to make our Ames Youth Air Rifle Club happen? That's also a weekly commitment. And its all worth it for those 24 kids that are involved in the program. But that's

what I'm talking about. Volunteers make this Legion Family successful. The SAL Steak Dinner is coming up November 9. Please make note of that too. I'm telling you early because again, another opportunity to help out! Contact me to learn more about how to help.

Mark your calendars for our Early-Bird Membership Breakfast on Sunday, November 10. This is a complementary breakfast for members who have paid their membership or an opportunity to pay your membership that day and receive a breakfast. Otherwise, \$8 for everyone else.

Mark your calendars for our SAL Breakfast on December 14. The Auxiliary will also have their Christmas Cookie sale at the same time. Please make sure to mark this in your calendar. (Also another opportunity to help out!). And this is also our day the American Legion Rider put Christmas Wreathes on graves of veterans - with all hands on deck to help out. Lot's going on that day, so please come out and pitch in!

I think it's a wonderful thing to have to ask for help like this. Its a sign we are needed in our community. It means we are performing very important services and that there is a demand for those services. Join your brothers and sisters in the legion family in making a difference!

Veterans Benefits Supermarket

Story County Veterans Affairs led by new directory Zack Skelton will be hosting a veterans benefits event at the Plex, 5501 George Washington Carver on November 9 from 9 to noon. There will be free information on many veterans benefits available.

Legion Riders

Summer is winding down and the cooler weather and shorter days are making riding much more comfortable. Our last scheduled dinner ride is in the books, the Legacy Run is complete, and we're all looking at the coming months to get ready for Wreaths Across America. This year your Legion Riders along with others totaling a dozen or more took your donations to National Convention and presented them to Commander Seehafer. The Department of Iowa presented the Veteran and Children Foundation with \$23,000. Thank you all for your generous support for our first year supporting this cause and the total for the Legacy Run was just short of our 1 Million Dollar goal, at \$930,000. Next year we begin in Virginia, and will Ride to Tampa, and I look forward to bringing you all along with us.

The Wreaths Across America committee is working to get our replacement cemetery markers installed, take inventory and mark the Veterans markers that may not be seen in the snow, and continue our fundraising. This year, because of the holidays, Wreath Day will be a week earlier than usual. Mark your calendars for December 14th, at 11am. That is also the same day as the Auxiliary cookie fair and SAL breakfast, I can't think of a better way to support all of your Legion Families than making a day of it.

As always these projects could not be possible without the support of the members. I thank you all for your help. Looking back I've always tried to take this month to try to provide some tips for the upcoming snow season. Well this year on returning from New Orleans, riding 2360 miles door to door, I was greeted home by a surprise. There was a nail in the front tire of the motorcycle. Saying I was shocked barely covers it, but I didn't know where or when I picked it up, and thought it had to be the day before or maybe that last day. Pictures after the fact show that it was there for at least the last 1100 miles. My Guardian Angel had their work cut out for them, and I'm thankful to be home safe. This fall take a walk around your vehicle a couple times. Look at your tires, turn the radio off and roll the window down and listen. If it is making noise that it didn't when it was new, have it checked out. I got lucky, and I know it, because even with a daily walk around, sometimes several in a day, I never saw that nail until I got home. Lesson learned. Look closer.

Be safe, and keep watching for motorcycles. We'll still be out there for a while yet.

AMERICAN LEGION POST NO. 37
 225 Main Street
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OCTOBER



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<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 TACO TUESDAY AUXILIARY REGULAR 6:30	2 WINESDAY WEDNESDAY CURBSIDE MEAL PORK CHOPS	3 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	4 FIREBALL FRIDAY MUSIC BINGO 7:00—9:00	5 SIXTH DISTRICT CONFERENCE STEAK DINNER 5:00—7:00
6 BINGO	7 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	8 TACO TUESDAY SAL REGULAR 6:30	9 WINESDAY WEDNESDAY CURBSIDE MEAL LASAGNA	10 \$2 DOG NIGHT LEGION REGULAR 7:00	11 FIREBALL FRIDAY MUNCHIES NIGHT	12
13 BINGO	14	15 TACO TUESDAY	16 WINESDAY WEDNESDAY CURBSIDE MEAL HAM BALLS	17 \$2 DOG NIGHT SOCIAL COMMITTEE 6:00	18 FIREBALL FRIDAY MUNCHIES NIGHT	19 PAST PRESIDENT'S PARLEY 10:00
20 BINGO	21 VFW POST MEETING 7:00	22 TACO TUESDAY	23 WINESDAY WEDNESDAY CURBSIDE MEAL HOT BEEF	24 \$2 DOG NIGHT 40&8	25 FIREBALL FRIDAY BAKED POTATO BAR 5:00-6:30 MUSIC BINGO 7:00—9:00	26
27 BINGO	28	29 TACO TUESDAY	30 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN FRIED STEAK	31 \$2 DOG NIGHT		