

Ames Legion Family In Action

MidWinter Conference

The Iowa Legion family will gather at the Airport Holiday Inn on February 14-16. The weekend is the primary training weekend for the Legion family.

The agenda for the weekend can be found by going to ialegion.org going to the page labeled 2025 Mid-Winter Conference. From there you can access the agenda for the Legion, SAL and Riders meetings.

Among the new topics being offered is Be The One, the program designed to help identify and provide help to veterans in crisis. Tony Cross from National HQ will be attending to train both at the masters and individual level.

Iowa is one of the two Departments setting up formalized Be The One programs. Masters level training is intended for those who intend to support post level trainers. Iowa's goal is at least one master level trainer per district.

Among the guests expected are National Commander Jim Lacoursiere and Candidate for National Commander John Bowen. ALA Central Division National Vice President Rosemarie Hauck and SAL National Vice Commander will address the joint session along with the Legion guests. This

is a great time to meet and get to know our National officers.

Information will be available on the programs of The American Legion and American Legion Auxiliary. The programs fair on Saturday morning is a great way to get exposure to all the programs.

The Iowa Oratorical contest will be held Sunday morning beginning at 8AM. The final three contestants vying for a spot in the National finals will make their presentations that morning.

That contest will be followed by presentations from the Boys and Girls Nation Senators from last summer. Their remarks are always a highlight as they describe their time in Washington DC with the Senators from the other Departments.

It may be too late to get a room reservation at the Airport Holiday Inn but there are other hotels close at hand. You would enjoy this weekend among the Legion family members from around Iowa as well as learn more about the programs of the Legion family.

If you can't come for the weekend, check the agenda at the link earlier and choose the best time for you to attend and the most important topic for you to learn more.

Legislative Update

Iowa:

We have learned that Gov Reynolds has included an additional \$500,000 in her budget request for the Military Home Ownership Assistance Program.

National Priority Topics: Learn more details at

legion.org/advocacy/legislative.

Topics include:

Suicide Prevention & Mental Health, Alternative Treatments, VA Healthcare Modernization, PACT Act: Implementation & Oversight, Safeguard Veterans Benefits, Concurrent Receipt, Guard & Reserve GI Bill Parity, GI Bill for Honorable Service, Military Quality of Life, Pay the Coast Guard, Access to Healthcare for Overseas Military and Families, Improving the Military TAP, Protect the American Flag.

There is too much detail to print here. Go to the link above and get more information on the topic(s) most of interest to you.

Commander Lacoursiere will present testimony on February 26 at a joint meeting of the Senate and House Veterans Affairs committees on these topics and answer their questions. His testimony should be livestreamed through legion.org. Be sure to tune in.

Day Of Service Reminder

February 1 will be a day of service at the Ames Post hosted by the Ames



Unit. We will begin at 9AM and be there until 3PM

The Unit will work with several service projects that day.

That day is the 11th Anniversary of National Sew Day for Quilts of Valor but will include other areas where service is

needed and your help will be very much appreciated.

There will be a class in making poppies.

We will be working on making mats for the veterans standdown later this year.

If you are working on a veteran related service project and want to join us, please bring it.

Note Post Meeting Night Change to February 6

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Post Commander Cliff's Comments

Bringing in the new year is already bringing new challenges and new chances for the Legion Family. I'm sure we're ready and prepared for the year ahead, but already this year we've had a couple maintenance issues arise. The cooling unit for the walk-in needed to be replaced, and the dumbwaiter situation continues.

Both of these and the other issues we've had recently are pretty much expected from a 100+ year old building. Even the remodel that was "just done" was almost 40 years ago. We'll keep going, we aren't in this to quit.

Our latest steak dinner, hosted by the Auxiliary, was a return to the numbers we've expected and the bar has had several events with good crowds. I've asked for fundraising ideas and have gotten a couple as well as offers of assistance from several student and veteran groups from ISU and Ames.

My question to you all is, what would you like to see your Legion do? New raffles? Special events? Should we be sponsoring something offsite, or partnering with another group? Let me know what you think.

This month the 50/50 is going towards paying down the mortgage. Interest rates being as variable as they are, the mortgage is going to be a focus this year as the rate will likely increase at the end of the year and every dollar we can pay it down is that much more we will save in the long run.

Coming up this month is the Legion's Mid-Winter conference in Des Moines. If you've never been, or its been a while, this is an educational conference open to all.

New this year will be the Director for "Be The One", Tony Cross. Tony will be leading training for members to be better prepared for encountering a veteran,

or someone in a veterans family that needs help.

Following the Conference, a number of us from Ames will be going to Washington DC to meet with our respective National Committees the next weekend and go from there to Capitol Hill to speak with our Senators and Representatives.

The American Legion continues to be the nation's largest veterans service organization, committed to mentoring America's youth and a sponsorship of programs in our communities. We advocate for patriotism and honor, promote for strong national security, and a continued devotion to the well being of our active duty service members, our veterans, and the veteran's family.

I'm proud to be a part of this organization, I know that you are as well. Thanks and I appreciate all of your help every day. Together, we got this.

Unit President Jamie's Comments

February is the shortest but one of the busiest months of the year! As always, if you have a friend you haven't seen at a meeting lately, please give them a call and just check in. As you have read, we will host our Day of Service at the Ames Post on February 1, from 9-3. This is a great time to gather and work on projects for our veterans. It could be working on a Quilt of Valor, making poppies, working on the loom, making busy bags or any other project you may have. These service days are a lot of fun, so come join us and invite other legion family members!

We also have Mid-Winter conference February 14-16. This is a great way to find out more about the American Legion Auxiliary as well as many other programs from the family. A silent auction is also being held over the weekend, and this could be your chance to help with some funding for Girl's State and pick up some fun items as well! Donations are always welcome and encouraged. Perhaps a themed basket is something you can put together? Or maybe create a donation of baked items like bars, pies, etc. They are always a fan favorite. Mid-Winter holds a programs fair and also one of my favorite events is the Oratorical contest. If you can't make it to the conference sessions, I suggest trying to come down to Des Moines on Sunday morning to watch these amazing young people. Ideas are meant to be shared and that's what we do at these sessions. There is a small registration fee of \$10 and may be paid online or even

at the door. As we shared at our January meeting, we have been collecting socks for our Department President Verlinda and will donate them at the conference to be donated later to the Des Moines Homeless Veterans Stand Down.

A special thank you to so many people who helped with our steak night in January. We were a busy crew, but it sure was nice to see our friends out and about even in the cold months! It is only because of our dedicated volunteers that they are a success. If you haven't worked a steak night and want to donate some time to perform any of the pieces for running this dinner in April,

just let me know. We also appreciate those of you that come in to eat with us. It is so good to see our friends, especially once it starts getting dark and cold outside!

Lastly, as I look at this month and consider the topic of Americanism, one of the ideas I hear is to teach a child the Pledge of Allegiance. If you are blessed with kids around you, maybe ask them if they know it? Let them recite it to you. Do they say it in their schools? Do you have some time to break down the meaning of the words? It is never too young to learn to love this beautiful country!

Squadron Commander Cort's Comments

January was a relatively quiet month for the Squadron. We look forward to warmer days ahead, but for now we remain hunkered down. Although, I was able to enjoy a brief motorcycle ride in town on January 16. Very brief.

Your Squadron 37 will be hosting a Steak Dinner on February 1. Please come on out, enjoy some really good food and camaraderie. Bring friends!

For those who have not yet renewed their SAL membership, please be aware that your club room key fob has been disabled. To regain access, simply

renew your membership. If you have already renewed, thank you!

Merit Award Applications are due by February 28 at 7:00 PM. If you have an eligible high school senior, don't let this opportunity pass by!

And as always, if you haven't been to an SAL meeting for a while or ever, please join us. We meet every second Tuesday of the month at 6:30 PM. Speaking on behalf of the Squadron, we value every member and would greatly benefit from your input and contributions.

Our Sympathies to Squadron Commander Cort and His Family on the Passing of His Mother. Her Funeral was January 17. Please Keep Them in Your Prayers.

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. Remember if the Cyclones play before normal business hours the clubroom will open up half hour before start of the game.

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.

Super Bowl Madness- Join us Sunday, February 9 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 16-Daytona 500 party. Join us for NASCAR's biggest race. Bring a munchie to share and get in on the fun.

Soup Contest

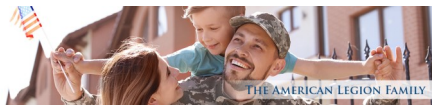
Do you make an awesome soup? Enter it into our contest. We are asking that our members help with this fundraiser. All soups will be entered into the contest for a chance to win one of three places. All winners will receive a prize plus bragging rights for the whole year. We ask that entrants have their soup at the post by 5:45pm on the 21st, 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, Greg Hobbs, Marty Kelly, Tom Fowler, Ken Woodley, Bill Donovan, Russ and Vicki Belz, Julie Rinard, Colten Christensen, Rodger VanVoorhis.

Feb 1 — Is your Membership Renewed For 2025

If you are reading this, then you are a member of The American Legion family. Or at least you were. If you membership card still says 2024, then your membership became delinquent on February 1.



dues online. That applies to all three Legion family organizations. There is the ability to renew online.

That is easy to fix. You can go to the National Legion website, Legion.org. There is a button there labeled Renew. Click on that and you can renew your

You will need your membership ID number in order to renew but that is on your membership card and easy to find.

If you want to know more about what we do here in Ames, go to our website at ameslegionpost37.com. We need your membership. Don't let it lapse.

WAA—Help Needed



The Wreaths Across America committee is looking to add a talented social media expert to our committee to share information and update

the public on events! If you are that person – or know that person – please come see me! We believe some Facebook, Instagram and Snapchat posts would help spread some of the great things we are bringing to the Ames Community and show our appreciation to our donors. Jamie Barker, jrehland-er15@gmail.com

Email Addresses Needed



Do you receive your newsletter by e-mail? If you do, you have saved the Legion family \$3.60 this year. That is the cost of printing and mailing 12 issues.

Send your email address to ameslegionpost37cdr@gmail.com and we will get you on the email list. More and more of our members make that change each month. Join them and help your Legion family.

If you are a snowbird, it also keeps us from having to do the address change. That saves time and money.

Legion Riders

At the December Riders meeting I was elected as Director, thank you all for your vote of confidence. I look forward to this challenge and will do my best to lead one of, if not the best Legion Riders groups in the state.

The new year is off and running, what a difference a day makes. A couple of our riders did a New Years Day ride to Jewell only to bring snow the next day. It won't be long and the rest of us will be taking our bikes out and getting them ready for summer. Take the time to get your bike serviced now so you will be ready to go.

Some of the things planned for this year; we will be doing can collection starting in April, we will collect cans through October on the 3rd Saturday of the month. Dinner Rides will start in May. Planning for this year's District 6 Legacy ride will start soon. If anyone has a ride idea, please pass it along to our Ride Captains, Cliff Barker or Randy Johns.

I am looking forward to a great year for the Riders with many great opportunities ahead. Everyone stay warm and be safe. Spring starts March 20th.

Best regards, Doug Sargent

50-50 Raffle for Loan



For the last two years, we have been holding a 50-50 raffle in the clubroom to pay for the maintenance work at the post and to raise funds for the causes that the Legion family supports.

The project each month is chosen on a rotating basis among the Post, Unit, Sons, Riders and Clubroom. Whiteboards are posted that list the month's project and the updated prize money. We have had prizes ranging from \$150 to \$500 depending on the project.

In February, the project will be making advance payments on the post remodeling loan. It is time to get that loan paid off before the renewal next January. The current balance is near \$70,000. Obviously, one month's raffle won't cover that but every little bit helps.

Tickets are \$1 each or 6 for \$5. Stop in and help get this loan paid and maybe take home a nice prize.

AMERICAN LEGION POST NO. 37
 225 Main Street
 Ames, IA 50010

RETURN SERVICE REQUESTED

NON PROFIT ORG
US POSTAGE
PAID
Permit 147
Ames, IA

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		 Find us on Facebook at American Legion Family of Ames, IA Post 37				1 SERVICE DAY 9AM—3PM STEAK DINNER 5:00—7:00
2 BINGO	3 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	4 TOASTED CHEESE & SOUP AUXILIARY REGULAR 6:30	5 WINESDAY WEDNESDAY CURBSIDE MEAL LASAGNA	6 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00 LEGION REGULAR 7:00	7 FIREBALL FRIDAY MUNCHIES NIGHT	8
9 SUPER BOWL PARTY BINGO	10	11 TOASTED CHEESE & SOUP SAL REGULAR 6:30	12 WINESDAY WEDNESDAY CURBSIDE MEAL VALENTINES DINNER	13 \$2 DOG NIGHT	14 FIREBALL FRIDAY MUNCHIES NIGHT	15 PAST PRESIDENT'S PARLEY 10:00
16 DAYTONA 500 PARTY BINGO	17 VFW POST MEETING 7:00	18 SLOPPY JOES	19 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	20 \$2 DOG NIGHT SOCIAL COMMITTEE 6:00	21 FIREBALL FRIDAY SOUP CONTEST	22
23 BINGO	24	25 SLOPPY JOES	26 WINESDAY WEDNESDAY CURBSIDE MEAL FRIED CHICKEN	27 \$2 DOG NIGHT 40&8	28 FIREBALL FRIDAY BAKED POTATO BAR 5:00-6:30 MUSIC BINGO 7:00-9:30	