

Post Meeting—Pork Loins and Visiting Angels

The March Post meeting will feature two items that we normally don't have. There will be a light meal ahead of the meeting and a program during the meeting.

First the meal. If you remember the pork loin that was served at the Early Bird breakfast and the Army-Navy watch party, well we have one of those left.

It will be smoked and served as sandwiches ahead of the meeting. We will begin serving at 6:15 so come in, enjoy the meal and stay for the meeting.



The program will be presented by Visiting Angels. They provide in home care for seniors and those in need.

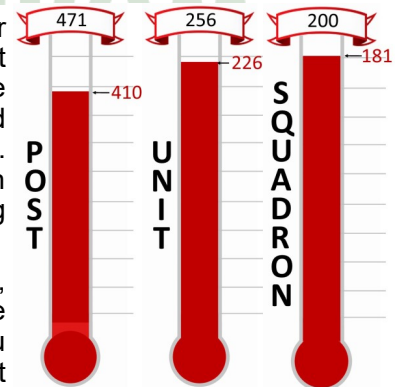
Karl Romero will speak with us about the services they provide. They recently opened an Ames location at 426 5th Street. The Visiting Angels national, private duty network of home care agencies is a leader for providing senior care to allow your loved ones to live independently in their own home.

TOGETHER WE GROW



We wish that statement "Together We Grow" was true but it is not right now. You can see from the graphs at the right where we stand in this year's membership work. The Post is lagging very badly with the unit and Squadron making good progress.

If you have not renewed for 2025, go to Legion.org and click on the red Renew button. From there you can renew online for the Post, Unit or Squadron. Do it today.



JSSP Club To Department Match

The Department of Iowa Junior Shooting Sports match will be held at Camp Dodge on March 8, 2025 in the Miller Armory. Nine shooters from the Ames Club participated last year, finishing second behind the Swisher Sharp Shooters from Post #671. Sadie Breyfogle finished third last year in her age category. There will be three relays of competition, beginning at 8:30, 10:30



and 12:30. Each relay will feature competition in the prone, standing and kneeling positions in that order.

Our club would greatly appreciate Post members in attendance to root for them. We do not know which relay we will be in. Watch the weekly bulletin for more information. Remember that everyone that enters Camp Dodge must show valid identification.

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Post Commander Cliff's Comments

First I want to say thank you to everyone working on the dumbwaiter. As machines go, it's not that old functionally at 40 years or so. Mechanically it's a dinosaur though. Relays and switches that aren't made or available any longer, having been replaced by electronics. It's unfortunate that it is taking as long as it is to get it replaced and working again so all I can ask is for your continued patience. Dinners are continuing though, as are the Wednesday meals, and Bingo. Steak dinners and Bingo continue to bring in a good number of guests and members, but we'd also like to see more in the closing months of the season for dinner. I know I'm looking forward to the warmer weather, and with it the melting snow can be a mess. I'd like to have a few of us meet up at the post this month to do some sweeping and mopping to get rid of the salt

and slush in the bar and dining room before too long. Call it "Spring cleaning" if you will.

Having just finished the MidWinter Conference, there are some exciting and new developments. Returning for 2025 is the Legion's 5K run in DSM, and we'll be rolling out our Be The One / QPR training in the district. I'll work on a date to bring Suicide awareness and prevention to Ames very soon. The Legion is also in the early stages of having a presence at the Iowa State Fair this year and we will be needing volunteers to work the booth. The booth is planned for the Varied Industries building meaning it will be both indoors and air conditioned. If you are interested in representing the Legion Family, let me know and I will get you the information. The attendees to Boys and Girls Nations were at the conference and each gave

a very energetic recap of their experiences. With Boys and Girls State registrations coming in the near future, be sure to help spread the word of these opportunities to any incoming High School seniors you know. The cost of attending is covered by the Post and Unit. Lastly is an item of action. The American Legion's Legislative Committee has been told the bill that will provide additional and matching funds for a larger VSO team at the Federal Building has been written and reviewed. When we have a Bill number and an expected time to debate it, we will be asking for each of you to reach out to our Representatives and Senators at the Statehouse to voice our support.

Spring is coming, it won't be long now, and thank you all for your support of the Ames Legion Family.

Squadron Commander Cort's Comments

Greetings and salutations to my Squadron mates. After a long hard winter, one's spirits begin to lift as we round that corner and head into March. Warmer days are ahead.

The Squadron hosted a very successful Steak Dinner Supper in February. Thank you to all who came to partake and especially those who helped run the event. I'm very grateful for the consistent volunteer turnout we have for our events. We couldn't do this with you! Special thanks to John Baldwin's sons, who provided their youth and energy to bring food up stairs from the kitchen as our dumbwaiter continues to be out of commission.

Our Junior Shooting Sports club will be wrapping up its season this month. Many of our shooters will be participating in the Department of Iowa Legion Match at Camp Dodge on March 8. (See JSSP article). The club will also be conducting an intra-squad match March 15, complete with trophies for each age group. Our intention is to host our own intrastate match next year and this will be our practice run. I'm very thankful for the continued growth and support of this youth program.

In March we will start the nomination process for Squadron Officers as a Nomination Committee will be established and we start looking for candi-

dates to fill the many Squadron leadership positions for 2025-2026. 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 everyone has a great month of March. Please join us for March's SAL meeting: Second Tuesday of the month @ 6:30pm. See you then!

Unit President Jamie's Comments

It is getting cold outside, but it sure felt warm at our Mid-Winter Conference as we gathered the socks, saw friends, learned about programs and got to see our "busy bags" put to work for our Veterans. Our Juniors stuffed 613 busy bags and many thanks to our members for sewing those bags!



Our veterans are the real winners of the "sock contest" as

they will receive somewhere around 14,000 pair of socks in the coming year. They will be distributed to the Des Moines Standdown, VA Medical Centers and Iowa Veterans Home. Great

job to all of our post members for opening your hearts to give something so needed.

In February, Ann Rehbein helped us coordinate a service day in honor of the Quilt of Valor's National Sew Day. Members came and helped cut bags, weave rows on the loom, make poppies and of course, sew panels for a beautiful QOV. Thanks to all who came and participated. When I left at the end of the day, we still had a full table of members cutting bags. Thanks to all!

I'd also like to take a moment to properly thank our National Security chairman, Cara Fila, for putting together a wonderful ceremony commemorating Four Chaplains Day during our February meeting. I heard members say that

they had not heard of this story, so that makes it even more important to share. Those four veterans will not be forgotten!

March is another busy month as we plan for Story County meeting on the 20th in Nevada, interview and register candidates for Girls State, register our Juniors for Junior Camp and schedule our first meeting to plan for report writing. We want to report on all the wonderful things people have been doing. Please remember to write down the hours you have spent on different projects throughout the year and turn them in to Sandy who will put them in the correct categories for us. Together, we have helped a lot of people in our community and supporting and honoring our

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. We hope you can join us for one of our Wednesday meals or music bingo night! 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 5-Ham Balls

Wed. March 12-Hand breaded chicken strips

Wed. March 19-Burger Night

Wed. March 26-Chicken Enchiladas

We are going to try something different on Tuesday night and do a different type of hot sandwich offering for food. Come in and give it a try and let me know which one if your favorite and if we should keep them around.



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, Gary Freel, Cliff Barker, Addison Donovan, Marty Kelly, Greg Hobbs and Rodger VanVoorhis.

Legion Riders

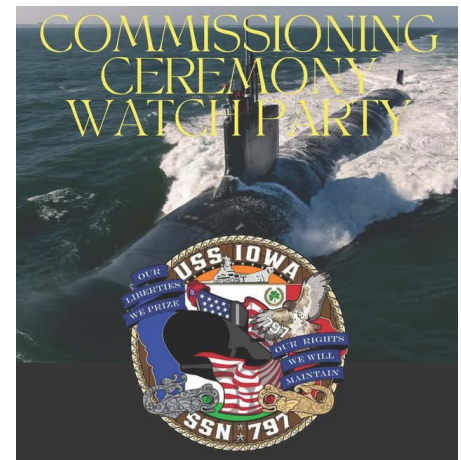
As I am writing this it is 10 degrees and snow is expected for the weekend, not good riding weather but work has started on the District 6 Legacy ride. A rough route has been worked out and several dates are floating around. If you don't know, we raise money for the Veterans and Children's fund. Last year we raised \$3,000.

I would like to send a big shout out to all the help that showed up on February 8th to help pick up wreaths. It was a big task, but we had a lot of help and had it knocked out in 45 minutes.

Have a great month, see you at the next meeting, March 3rd at 6:30. Be safe.

Doug

Mark Your Calendar



Mark your calendar for April 5. We will be hosting a Watch Party for the commissioning of the USS Iowa (SSN 797) beginning at 9:00 AM that morning. The watch party is open to anyone in the community or surrounding area.



Memorabilia including the pin on the left is available through the commissioning website at SSN797.com/shop.

We anticipate a fun morning at the Post watching Iowa officially have another namesake in the US Navy. We also have a personal interest since Post Adjutant Doug MacCrea chairs the Morale, Welfare and Recreation committee. He and PNC David Rehbein will be at the chairman's banquet on Friday evening to present the crew with their Post American Legion banner.

There will be food and drink available for purchase at the Post that morning. We will open early for the watch party.

Boys & Girls State Delegates Sought

The Post and Unit are looking for candidates to apply for delegate spots at American Legion Boys State and American Legion Auxiliary Girls State this June.

Applicants must currently be in their Junior year in high school. The program dates are June 22-27 for Boys State and June 15-20 for Girls State. Both programs are hands-on sessions teaching government. They begin with city government and work up through county to state government.



Both programs will culminate with the election of a Governor and other state officers. Both programs will also select two delegates to attend Boys Nation and Girls Nation respectively. Those programs take place in Washington DC.

There is no cost to the delegate or their family other than incidentals. If you know of a young person that you think would be a good candidate, please contact Stan Elliot at selliott478@msn.com for Boys State or Ann Rehbein at amrehbein@msn.com for Girls State.

President Jamie (cont'd)

veterans is so important, but reporting it is also important. Yes, it is volunteering, but it also helps make an impact to our legislators to show just how important our veterans and their programs are to us while we show the impact of our generosity.

We are looking forward to our District Conference hosted by the Van Meter Unit on April 26th with registration beginning at 8am. Please wear something purple in recognition of Purple Up Day to celebrate the Month of the Military Child. We will also plan to serve a light lunch and look forward to some reports, our annual memorial service, installation of new officers and learning some new information about the Creative Arts Festivals.

Find Your Legislator

Commander Barker mentioned a prospective bill being discussed in the Iowa Legislature to provide additional funding for the Veterans Service Offices.

We may need your help when the bill comes to the floor. You can help by contacting your legislators and asking them to support the bill.

If you need it, you can find contact information on your legislators at Legis.iowa.gov/legislators/find.


Enter your address in the box and the site will provide you with the names and clickable links to the contact information for your Senator and Representative. Be ready when we ask for your help. Time may be critical.

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 Ames, IA 50010

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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				1 STEAK DINNER 5:00—7:00
2 BINGO	3 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	4 SANDWICH NIGHT AUXILIARY REGULAR 6:30	5 WINESDAY WEDNESDAY CURBSIDE MEAL HAM BALLS	6 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	7 FIREBALL FRIDAY MUNCHIES NIGHT	8
9 BINGO	10	11 SANDWICH NIGHT SAL REGULAR 6:30	12 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN STRIPS	13 \$2 DOG NIGHT LEGION REGULAR 7:00	14 FIREBALL FRIDAY MUNCHIES NIGHT	15 PAST PRESIDENT'S PARLEY 10:00
16 BINGO	17 VFW POST MEETING 7:00	18 SANDWICH NIGHT	19 WINESDAY WEDNESDAY CURBSIDE MEAL BURGER NIGHT	20 \$2 DOG NIGHT STORY COUNTY NEVADA SOCIAL COMMITTEE 6:00	21 FIREBALL FRIDAY MUNCHIES NIGHT	22
23 BINGO 30 BINGO	24 31	25 SANDWICH NIGHT	26 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN ENCHILADAS	27 \$2 DOG NIGHT 40&8	28 FIREBALL FRIDAY TENDERLOIN BASKET 5-7 MUSIC BINGO 7-9	29