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Ames Legion Family In Action

Membership Year Begins—Why Do We Renew

The 2026 membership year is off to a good start. Adjutant Doug says that 154 of our members have renewed for 2026. That is 35% of our goal of 437. Great start now we have to keep it going.

Obviously those 154 renewed members know why they want to continue their membership in the Ames Post of The American Legion. Do the rest of us know why we might want to renew our membership for next year? Lets think about some reasons.

The first thing you might think of to cause you to renew is our post home. We have a great place at 225 Main Street for you to visit and enjoy time with your friends. The food is good and the bar is friendly but not rowdy although when the Cyclones are playing that might change a little. The article below also talks

about our policy of members and guests so you can be assured the patrons respect our post home.

Your second reason might be the programs that we sponsor. Right now we are making arrangements for our 39th year of cosponsoring the Academic Awards at Ames High to recognize student achievement.

We are active in the Wreaths Across America program in the Ames cemeteries each year. Also, Last year we performed military service funeral honors for about 25 veterans.

Fifteen young people participate in the Shooting Sports program to learn weapon safety, shooting accuracy and the discipline that goes along with shooting skill.

Along with our Post programs, your renewal helps with programs at the state level that helps Iowa's vet-

erans as well as the rest of the state. Our Iowa Service Office helps more veterans with claims to the VA than all the other organizations put together. Almost 75% of the claims filed come through the Legion office. That is a great reason to renew.

Our legislative team works at the State House each year to support veterans benefits. If you enjoyed the increase in the military exemption on your property taxes a few years ago, that was result of a lot of hard work by the Legion legislative team.

Don't just let that renewal notice lay on your desk. Think of all the reasons to renew, pick it up and either send your \$55 dues check to the Post at 225 Main or go online to Legion.org, click the red RENEW button and use your credit card.

Members & Guests

We are seeing more activity in the clubroom, particularly with our members bringing their friends in to enjoy our atmosphere and friendly club.

That is a great thing and we hope it continues. We really hope that some of those guests that come in with our members are eligible and will become members themselves.

We need to remind everyone though that part of the reason for our friendly and welcoming

atmosphere at the post is due to our private club license. That does not stop members from bringing guests to the clubroom but it does require that guests can only come in with a member and that all guests must sign in.

Please help us stay within the rules and have your guests sign in when they come. We enjoy their company, we just want to make sure that we stay within the law.

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Post Commander Cliff's Comments

My apologies if this seems a little light on information for an August recap. I'm writing this 2 weeks early, just before I leave for the Legacy Ride and National Convention. I know a good number of you are traveling to Tampa for National Convention, and some are planning on a welcome reception when we arrive from the Legacy Ride. On behalf of Mike Deacon and myself, thank you. To be able to do this is an honor for our Post, our Legion Family, and our Department.

I was hoping to host a Be The One Training this month, and time just didn't allow for it. Stay tuned for a mid to late September date. It will be open to all members, and will be about 2 hours long, and I will have a signup sheet and flyers at the post. It will answer some of the questions you may have on Veteran

suicide, what to look for, how to evaluate the situation, and where to go for help. I know some of you are CPR trained, and the QPR suicide awareness is the same philosophy. If you need it, you'll know what to do or who to call. Speaking of CPR, would there be interest in hosting a First Aid and CPR course at the post? Is there a speaker you know that would like to attend a legion meeting? Let me know.

As you look around the post you'll see a few maintenance items are being addressed. New lights, fewer cobwebs, less basement clutter, and soon new bathroom faucets. A member has stepped up to address the leaking faucets in the restrooms. It may not seem like much but the water bill, and sewer bill, are one of the multitude of expenses we can manage. We are a business,

even as a Legion Post, and I appreciate all the help we've been getting to address some of this smaller things to help us budget for the bigger things. Steak Dinners will begin in October this year. Historically, September has been a conflict with the ISU/Iowa game for years and dinner attendance has slipped, so we will start a little later. Lastly, I want to call out and salute one of our own, Ron K, for another year of being the face of our Be the One table all summer at the Farmers Market, and for facilitating the Veteran's Art showing in our Post as part of the Octagon Arts Fest. Ron has done this for several years and if you have a chance to sit with him, you'll soon see he's become a fixture on Main Street. That's all for now, We'll see you at the post, and some of you in Tampa!

Unit President Jodi's Comments

I would like to introduce my 2025-2026 officers 1st Vice President Linda Henderson, 2nd Vice President Cara Fila, Secretary Sandy Deacon, Treasurer Ann Rehbein, Chaplain Keri Guy, Sgt-at-Arm Kerri Peterson. Our Historian position is still open if anyone would be interested.

I hope you were able to get over to Nevada to see the Wall that Heals. The exhibits gave us a look into the lives of the Vietnam soldier.

It's back to school time and the Auxiliary supported the Back-to-School Blast program which helps kids to get school supplies and backpacks for the coming school year.

We have a war going on—a Penny War. A friendly war between the districts, the more pennies the better our score. There's a twist, silver coins and paper bills count against our total. It's not against the rules to sabotage other districts by dropping in those silver coins and paper bills in their buckets. We will have a container at the post for your pennies just remember only pennies. Competition ends at the end of Mid-Winter Conference. All money collected will go to department to help fund programs and cut other costs.

Come learn how to make mats for homeless veterans at the post on our loom. Kathy MacCrea has agreed to

teach the class. We have set two dates for the class to give everyone a chance to come in and learn. Saturday September 13 at 10:30am or Tuesday September 30 at 6:30pm

We will be having a visitor from Iowa State University's Memorial Union on Tuesday October 7 at 6:30pm. Lana Seller will be coming to invite us all to the Gold Star Hall Memorial Ceremony and talk about who this year's honorees will be. We would like to invite everyone from the Legion Family to hear her invitation and the details of the hall and the honorees.

Squadron Commander Russ's Comments

Organizations run well when everyone does what they can. Using my Church as an example, I would like to tell you about Art. Art was a veteran, coincidentally, and had worked the night shift his entire career. We didn't see him at Church services much. But Art was there. When Art saw something that needed done, he did it. Very few people knew what all Art did for the Church, until he died. Then when a faucet was leaking, and wasn't getting fixed, it was asked, whose job is it? Finally, someone remembered, Art did that. When the first snow came, and the sidewalks and parking weren't cleared before Church, someone remembered, Art did that. There was much more that Art did than I have room to write about in this column. Suffice it to say we can always

use more guys like Art.

So now you may be asking, what can I do for the S.A.L.? Support the Post. (Pay your membership, patronize the club room, attend meetings, get involved and volunteer.) The Preamble to the S.A.L. Constitution, which we recite at the beginning of every meeting, gives you many options, like, "maintain law and order", (If you see something, say something. What you don't challenge, you condone. Get involved, be a good witness for law enforcement.) "foster and perpetuate a true spirit of Americanism", (Say the Pledge of Allegiance, sing the National Anthem. Those around you in the crowd will notice, and be encouraged to join in. Fly the flag at your home. Help put flags up on Main St, and take them

down.) "preserve the memories of our former members and the associations of our members and our forefathers in all wars". (Join the Honor Guard. Attend the funerals. Attend the Memorial Day Service, and bring a friend.) These are just a few ways that you can make a difference. There will be more to come.

Our meeting this month is at 6:30 pm on Tuesday, September 9th, at the Post (225 Main St). Also, there will be a Tenderloin Night on Friday, Sept 12, and Music Bingo on Friday Sept 22. All great times to support the S.A.L., Post, and club room. I hope to see you at more than one of these.

Clubroom News

Fall is fast approaching and with that comes football!! Come catch all the football action at the Post. The clubroom will open a half hour before game time if the Cyclones play before normal hours. Bring a munchie and share and come cheer on the Cyclones with your Legion family. We also have NFL Sunday Ticket and the clubroom will be opening every Sunday at 11:30 am. Come catch your favorite NFL team.

This year was the first year for us to participate in helping at the annual Rummage Rampage here in Ames. We had several members volunteer their time at this event to help raise money for the Post. Thank you to all who donated their time to help us out.

We are having a Tenderloin Basket Night on Friday, Sept 12 from 5-6:30pm. Come join us for a great meal!

Curbside Meals:

Call the Post any time after 2pm to or-

der and pick up behind the Post between 5-6:30pm. You may also message me your order anytime through Facebook.

Wed Sept 3-Tuscan Chicken

Wed. Sept 10-Steak Night

Wed. Sept 17-Meatloaf

Wed. Sept 24-Grilled Pork Chop

Thanks to everyone for their continued support!!



Thanks to all the great volunteers that help make the Wednesday meals happen and help out around the clubroom: Tom Fowler, Russ and Vicki Belz, Sandy and Mike Deacon, Julie Rinard, Bill Donovan, Cliff Barker, Greg Hobbs, Rodger VanVoorhis, Ken Woodley, Marty and Jo Kelly and Colten Christensen.

Shooting Sports Club Begins Season

If you know a young person that may be interested in shooting . . . The Junior Shooting Sports Program (JSSP) is holding their Kickoff meeting on September 14, at 1:00 pm. Their first practice will be on September 21, 12:30 – 3:30 pm with future practices being held every Sunday. These will be held at the Izaak Walton League clubhouse. It is located at 2066 Stagecoach Road on the NE edge of Ames.

The JSSP club has grown considerably over the past few years under the guidance of Coach Cort Pahl with the able assistance of John Baldwin and other interested Legionnaires and SAL mem-



bers.

Competitive shooting teaches much more than just how to hit the target. The discipline that goes with learning that skill rolls over into many other parts of life. Especially for our competitors, that discipline carries over into their schoolwork. Many coaches will tell you that as shooting skills improve so do grades.

If you have a family member that might be interested, take them to that kickoff meeting on Sept 14. We have all ages in the club from junior high through high school. Your family member will be welcomed and find friends.

Saturday Night Meals to Resume in October

Our steak dinners on the first Saturday night of the month are coming back starting in October. The menu and prices are still being worked out due to the increase in beef prices this summer.

You can count on a great steak being



served along with a ham steak entrée and shrimp either as a stand alone meal or alongside your steak or ham. The salad bar will be available and your choice of baked potato or french fries.

Dinner will be served beginning at 5 and stay open until 7.

Legion Riders

As this newsletter is being put together, Cliff Barker and Mike Deacon from our Riders chapter are en route to Tampa for the National Convention. They are riding on the Legion's Legacy Run with approximately 230 other Riders from around the country.

The Iowa Riders will be donating approximately \$20,000 raised on local Legacy Runs in the state. The Legacy Run is an opportunity for the Legion Riders to raise money for the Veterans and Childrens Fund (VCF).

The Veterans side of the Fund is used to provide training to the service officers who work tirelessly to assist veterans with their claims to the VA. Every dollar there helps not just one veteran but goes on to help many others through the career of that trained service officer. Here in Iowa those trained service officers are responsible for almost 75% of the claims being submitted to the VA.

The Childrens side of the Fund is used to help the minor child of a servicemember or a Legionnaire whose family is suffering from unexpected financial hardships that threaten the stability of the home. The fund can be used to help with food, housing, utilities and other basic needs after an investigation by a Legion official.

The funds donated on the Run will be presented at the National Convention in Tampa on August 27.

The Legacy Run is only one of the things that the Legion Riders do. If you are a member of the Legion, Auxiliary or Sons and ride a motorcycle, think about joining the Chapter. It is always good to have friends to ride with.

Quilts of Valor Plans

The Ames Legion family is planning a Quilts of Valor presentation later this year. If you have a veteran in your family or a veteran friend that has not been honored with a quilt, here is your opportunity.

A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

To nominate a veteran to receive a quilt go to the Quilts of Valor site <https://www.qovf.org/> and select nominations and awards or contact Ann Rehbein at ann.rehbein@qovf.org.

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

RETURN SERVICE REQUESTED

NON PROFIT ORG


US POSTAGE

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Permit 147

Ames, IA

SEPTEMBER

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2 TACO TUESDAY AUXILIARY REGULAR 6:30	3 WINESEDAY WEDNESDAY CURBSIDE MEAL TUSCAN CHICKEN	4 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	5 FIREBALL FRIDAY MUNCHIES NIGHT	6 ISU-IOWA WATCH PARTY 10:30 AM
7 BINGO	8 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	9 TACO TUESDAY SAL REGULAR 6:30	10 WINESEDAY WEDNESDAY CURBSIDE MEAL STEAK NIGHT	11 \$2 DOG NIGHT LEGION REGULAR 7:00	12 FIREBALL FRIDAY TENDERLOIN NIGHT 5:00-6:30	13
14 JSSP AIR RIFLE KICKOFF 1-3 AT IZAAK WALTON BINGO	15 VFW POST MEETING 7:00	16 TACO TUESDAY	17 WINESEDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	18 \$2 DOG NIGHT STORY COUNTY 7:00 SOCIAL COMMITTEE 6:00	19 FIREBALL FRIDAY MUNCHIES NIGHT	20 SIXTH DISTRICT CONFERENCE
21 JSSP PRACTICE 12:30-3:30 AT IZAAK WALTON BINGO	22	23 TACO TUESDAY	24 WINESEDAY WEDNESDAY CURBSIDE MEAL GRILLED CHOP	25 \$2 DOG NIGHT 40&8	26 FIREBALL FRIDAY MUSIC BINGO 7:00 PM	27 PAST PRESIDENT'S PARLEY 10:00
28 JSSP PRACTICE 12:30-3:30 AT IZAAK WALTON BINGO	29	30 TACO TUESDAY	 Find us on Facebook at American Legion Family of Ames, IA Post 37			