



# THE AMERICAN LEGION FAMILY



**Post Commander: Doug MacCrea**  
**Unit President: Sharon Bellinghausen**  
**Squadron Commander: Steve Malmquist**  
**Chapter President: Stan Hyer**

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[www.sal.legion.org](http://www.sal.legion.org)

# Ames Legion Family In Action

## NEEDED—A FEW CARING LEGIONNAIRES



Nearly 100 years ago, The American Legion was formed for a few simple purposes. One of those purposes is still accomplished every day around the country by Legionnaires like those in the picture above, saluting and honoring our comrades in that last ceremony remembering their service.

For most of a century, Legionnaires have stood in the cemetery, fired the final salute, folded and presented the flag to the family and listened as Taps was played one last time for their comrade. Is there any pay for this duty?



There is not but the rewards are

great. Anyone who has looked into the eyes of that family as the flag is presented understands the pride they feel and the gratitude that comes with that pride, gratitude that Legionnaires who they have never met think enough of their loved one's service to come spend an hour with them in those last moments

of honoring that service.

There is always need for Legionnaires willing to give that time in devotion to their comrades. We are fortunate to have a very dedicated group in Ames who perform these final services for our comrades. Did you know that it really takes 14 people to perform those last services? That is a big group to assemble particularly when many times there is only 48 hours notice.

Would you consider joining that group? You need a white shirt, blue pants, a Legion tie and a Legion cap. There is some investment there on your part but the first time a family members walks up to say Thank You and you see the gratitude in their eyes, that investment is repaid a thousand times.

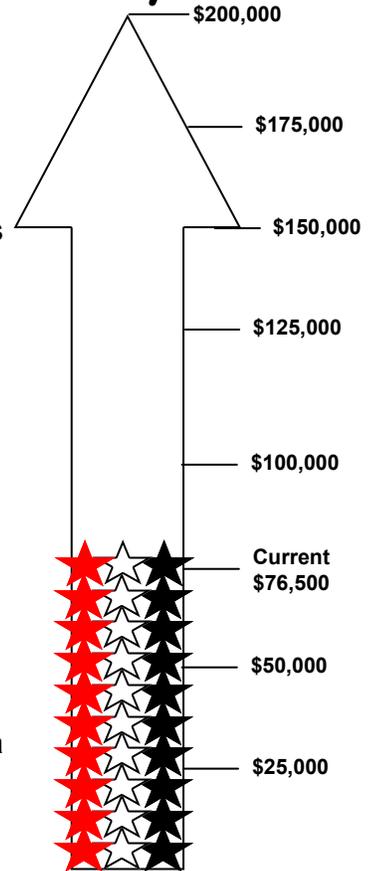


It may mean standing in the snow in that

cemetery. On those days, the Post provides a warm, winter coat and gloves to ensure our Honor Guard stays as warm as possible and still gives a uniform appearance.

Will you become a member of that dedicated group? Contact Commander Doug at 515-450-0773 or Sgt-at-Arms Howard Kyle at 515-231-4296 for more information. It is a duty that once performed, you will never forget or regret being part of.

## Our Goal



*Honoring Tradition  
Investing in our Future*

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## Post Commander Doug's Comments

Fall is here, the harvest has started, football season is in full swing and the Fall Classic is about to start. It's October and what a great time to live in Iowa and in Ames in particular.

September was a busy month for the various committees that work so hard to support our day-to-day post operations and organize, plan and conduct fundraisers to enable the Legion Family to meet the needs of the many groups and organizations we support. On September 5<sup>th</sup>, I met with representatives of all of the Legion Committees, the Auxiliary, Sons and Legion Riders to discuss my thoughts on what we needed to do to continue to move the Post forward. With their input and concurrence I took those ideas and needed actions to the Executive Board at our regular meeting and received approval to continue ahead with implementing these changes.

What are these changes? We are asking each committee to prepare a budget for the year in an effort to more readily identify where each committee's income

and expenditures are, to provide monthly inputs to the Post Adjutant to enable ongoing preparation for the annual Post Consolidated Report, to change the by-laws to allow Committees to meet when it is convenient for the Committee membership rather than on a strict, pre-ordained schedule, to create a Publicity Committee to help get information out to local media outlets about Legion functions and efforts, and finally to start a section in the Newsletter outlining to the membership all of the good things the Post has accomplished in the previous month. We are also reaching out to the ISU Student Veterans organization on campus in an effort to provide support to these young veterans and to help them achieve their goals, both as individuals and as an organization.

Needless to say, many of these changes will not be able to be implemented overnight. I fully expect the committee budgets to take several months to get implemented. Changes to

the by-laws will take a couple of months to accomplish as well. But with the support of the entire Legion Family, I believe these changes will have a positive and lasting benefit for the Post.

As members of the Post, all that we ask of you is to participate. Whenever we have a Post event scheduled, volunteer to help if you can. If you can't help, we ask that you try to attend and support event. Our time is a valuable commodity, but so too are the programs that our Post supports for our fellow veterans, their families and the youth of our community.

Please mark your calendars now for some special events coming in November. On November 1<sup>st</sup> we will hold our annual Academic Awards Ceremony at Ames High School, November 11<sup>th</sup> is our annual Veteran's day Salute and Luncheon, November 16<sup>th</sup> is our annual Early Bird Dinner and November 23<sup>rd</sup> is our next Building Fundraiser Brunch.

I hope to see you at the Post!

## Unit President Sharon's Comments

Well fall is upon us. We had eleven women attend the County Meeting in Maxwell. We had District President Linda Beem and State President Ann Crawford as our speakers. They talked about convention and their projects.

One project is clothes for the homeless and Goody Bags for the VA Hospital in Des Moines. We are having a Service Day Workshop on October 26<sup>th</sup>, so if you have any material (cotton) please bring it. We will be making bags so we need all hands on deck and also bring your sewing machines, scissors and cutters. We will start at 9:30 am.

We are selling Nuts again this year. So guys and gals get your orders in by October 1st.

Ladies, remember to turn your volun-

teer hours in to me or Kellie, we will call them out at each monthly meeting. Remember if you can't come to the meetings please drop them off at the Post and tell them to put it in the Auxiliary mailbox.

Remember, we meet the first Tuesday of each month at 7:00 pm. We are looking for speakers at our monthly meetings, so if you have any ideas please let me know.

On September 17 we met and did the Budget and answered any questions our committees had. I would like to thank Sandy for doing a great job explaining things to us new comers.

We will be collecting clothes for our Vets at our meetings each month, so if you have good, clean clothes please

bring them in. We can use men, women, boys and girls clothes in all sizes. Don't Forget Our Vets.

We are trying to get our Junior Auxiliary started in our area. See the attached letter for more information.

I would like to apologize for not getting my report in last month's newsletter. I will try to get it in on time from now on.

We had girls from Girl's State and Camp come in and tell us about their trips and camp. They all learned a lot, had a great time and can't wait until next year. The camp will be in Newton next year.

Remember, we need volunteers for Bingo on Sundays and Wednesday nights. Hope to see you at the Post.

## Squadron Commander Steve's Comments

The year is getting off to a good start. membership renewals are coming in at a good pace. the Early Bird dinner is November 16th and is free to those who's dues are paid. You can pay your dues at the door that night but why wait! The Detachment Commander has issued a challenge to all squadrons to help bring to Iowa a fourth Triple Nickel Award.

In November the Sons are in charge of the Steak Dinner. If you want to help, contact one of the officers or come to the October meeting. Planning is moving forward for the breakfast in December, all proceeds will help fund our scholarship. The Academic Awards will be November 1st at 5:30 p.m. at the high school, come and show your support for our kids.

If you do anything to help a veteran or the community please forward information to us with pictures if you have them. We are always looking to show what we do for the community.

And to our Post members that were in the Navy, Happy 238th Birthday this Month.

Till next month, For God and Country

## Clubroom News

Welcome to the fabulous colors of fall!! The Clubroom has kicked off football season with a bang. The post is the best place to enjoy all your favorite games along with great drinks, food, and friends!! Don't forget that we have great specials for every ISU game. You have to try our fabulous Bloody Marys!! Halloween is just around the corner and it's one of the top favorites around here. Check out the Boo-tiful décor in the clubroom, and the spook-tacular events this month in the clubroom:

**Friday, October 11 is Burger Nite.** Dinner service is from 5:30- 7pm. These 1/3 pound burgers are served on a toasted bun and you can dress them how you like with all your favorites, for only \$2.00. Add a side of fries or one of our many appetizers to make it a meal.

**Saturday, October 12 is Ames Oktoberfest!** Downtown Ames is hosting a fun day of Oktoberfest activities including games, polka lessons, bands and more. Stop in at the post and enjoy a brat and kraut and a Sam Adams Oktoberfest.

**Wednesday, October 16 is Tenderloin Basket Night.** Tenderloins are served from 5-6:30pm. Have dinner at the post or get them to-go, it's a great meal at an awesome price.

**Friday, October 25 is Texas Hold-'Em.** Play begins at 7pm. Proceeds from September are being donated to the Boys and Girls Club. Enjoy a great night of fun!!!

**Friday, November 1 is a Halloween Party.** Spend your evening at the best place in town. We encourage partygoers to bring in a spooky munchie to share. There will be a contest for the scariest, delicious munchie. Munchies will be judged on taste and theme. We will have lots of great drink specials. Costumes are encouraged but not necessary.

Do you love a great home cooked meal? Every Wednesday the Post serves up a special for only \$5.75. Supper is served from 5-6:30pm. Check it out. There are always plenty of fun things happening in the clubroom; Hope to see you soon!!

## Monthly Steak Dinner Costs

We are all aware of the rapid rise in food costs over the past couple of years, especially the price of beef. The Social Committee is committed to continue to provide monthly Steak Dinners at a reasonable cost. Every effort is made to control the costs of those dinners, but the committee also needs to at least break even on the costs of the meal.

Each month, the Committee will mini-

mally adjust the dinner price, if needed, for the following month and will announce any price changes in the Newsletter.

For the month of October, the cost of the Steak Dinner will remain the same.

We appreciate your understanding of the need to possibly adjust prices each month and ask for your continued support by attending the monthly dinners.

## Organ Donor Needed

A member of the Ames American Legion Family is suffering from renal failure and is in need of a kidney donation. The net for a possible donor kidney is being spread as wide as possible in an effort to locate a donor. If you, or someone you know, has either A-positive or O-negative blood type and is interested in possibly donating a kidney to help save a life, please give Commander Doug a call at 515-450-0773 and he will put you in touch with the necessary people to determine if you are a donor match and answer any questions that you may have. All costs are paid by the recipient's health insurance.

## Thanks to Label Help

Each month approximately 700 of our Legion Family members receive this newsletter in their mailbox. That is only possible because of a dedicated group of members that meet each month to put on the tabs and address labels for each of those 700 newsletters. They don't get nearly as much thanks as they deserve.

That group is Sandy and Mike Deacon (Sandy maintains the label list also), Sarah Schendel, Ann Rehbein, Everett and Marilyn Freil and Marion Eacret. They are periodically joined by Sue Jones. Thanks to all of them for their help each month.

### CLUBROOM COUPON

**Any Tuesday in October  
Present Coupon to get  
2 drinks for the price of 1.  
Cash Purchase Only**

## Legion Riders

Chapter 37 American Legion Rider members volunteered 132 man-hours building a wheelchair ramp, porch, painting and weeding to prepare for one of their members, Keith Harvey, to return to his home after several weeks in the hospital.

Riders also had regular Monday night dinner rides, including one which was a fundraiser BBQ at Don Williams Lake.



The American Legion Legacy Run, which is a cross country motorcycle ride to raise funds for the Legacy

Scholarship, reported at the National convention in Houston that the total raised for the 2013 Legacy Run was \$764,000. These funds will go for scholarships for kids who have lost a parent on active duty since 9/11. The Legacy Run stop at Kileen, TX, near Ft Hood, created time for the Legion Riders to meet and talk with some of the wounded warriors recovering there.

## Kudo Korner

**THANK YOU**



Starting next month, we will pass along to the membership all of the good things done by members of the

Post over the past month. Inputs for this recognition are requested by the 15<sup>th</sup> of the month. They should be sent to [LegionPost37Newsletter@gmail.com](mailto:LegionPost37Newsletter@gmail.com) or dropped off at the Post marked for the Publicity Committee.



Find us on Facebook at  
**American Legion Family  
of Ames, IA Post 37**

AMES POST NO. 37  
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LOOK INSIDE FOR COUPON

# OCTOBER

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
FREEDOM FLIGHT SEND-OFF 2PM @ CITY HALL		1  AUXILIARY REGULAR 7:00	2  BINGO	3  SOCIAL COMMITTEE 6:00	4  MUNCHIES NIGHT	5  STEAK DINNER 5:30-7:00
6  BINGO	7  LEGION RIDERS	8  SAL REGULAR 6:30	9  BINGO	10  LEGION BOARD 6:30 REGULAR 7:30	11  BURGER NIGHT 5:30-7:00	12  OKTOBERFEST DOWNTOWN AMES
13  BINGO	14  BUILDING FUNDRAISING COMMITTEE 6:00	15  PAST PRESIDENT'S PARLEY 7:00	16  TENDERLOINS 5:00-6:30 BINGO	17  	18  MUNCHIES NIGHT	19  
20  BINGO	21  	22  40&8	23  BINGO	24  OPERATIONS COMMITTEE 6:00	25  MUNCHIES NIGHT TEXAS HOLD-EM 7:00	26  SERVICE DAY WORKSHOP 9:30AM
27  BINGO	28  	29  	30  BINGO	31  	ACADEMIC AWARDS  HALLOWEEN PARTY	