



**Post Commander: Jay Sisco**  
**Unit President: Rachel Breyfogle**  
**Squadron Commander: Doug MacCrea**  
**Chapter President: Cliff Barker**

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225 Main Street  
 Ames, IA 50010  
 515-232-9870

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[www.iowaala.org](http://www.iowaala.org)  
[www.ialegion.org/riders](http://www.ialegion.org/riders)

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

# Ames Legion Family In Action

## New Officers to be Installed

Installation of the officers for the 2021-2022 year will be held on July 12 at 7:00 at the Post. This ceremony is a joint installation of the Legion family officers, one of the few ceremonies like this in Iowa if not around the country.

The officers that have been elected are listed below. All members of the Legion family are invited and encouraged to attend to give your support to those who will be leading our family this year.

### Ames Post #37 Officers

Commander Jay Sisco  
 1st Vice Cmdr Doug MacCrea  
 2nd Vice Cmdr Open  
 Adjutant David Rehbein  
 Service Officer Robert Bellinghausen  
 Historian Barb Sisco  
 Chaplain Ricky Thompson  
 Sgt-at-Arms Doug MacCrea  
 Finance Officer Randy Freel  
 Executive Board – Keven Brace,  
 Randy Breyfogle, Frank Andrew,  
 Cliff Barker, Phil Harris

### Ames Unit #37 Officers

President Rachel Breyfogle  
 1<sup>st</sup> Vice President Jamie Barker  
 2<sup>nd</sup> Vice President Kelli Hitsman  
 Secretary Keri Guy  
 Treasurer Marilyn Nervig  
 Chaplain Barb Sisco  
 Historian (Vacant)  
 Sergeant at Arms (Vacant)  
 Executive Board – Sharon Mott,  
 Sharon Bellinghausen, Jan  
 Schmidt, Ann Rehbein, Kathy  
 MacCrea

### Ames Squadron #37 Officers

Commander Doug MacCrea  
 1st Vice Cmdr Cort Paul  
 2nd Vice Cmdr Keven Brace  
 Finance Officer Randy Freel  
 Adjutant Mike Deacon  
 Sgt-at-Arms Russ Belz  
 Chaplain Roger Elliott  
 Executive Board – Stan Elliott,  
 Mike Monserud, Steve Malmquist

## Volunteer Opportunities for You

Reading through the officer lists above shows that some of the offices did not have a candidate to be elected in both the Post and Unit lists. How does that happen in a Post of 500 and a Unit of 280 members?

It happened this year because several active members, members that have held offices, were called away. For the Post, 4 officers have left, temporarily or permanently, but all for good reasons, family, work and some personal reasons.

That creates an opportunity for someone looking for a place to volunteer. Our Legion family serves Ames with our youth programs and veterans with the work we do with veterans benefits and the Iowa Veterans Home.

We work as a team, sharing the work and the recognition. You have seen the awards. Why not be part of that? Contact Adjutant Dave Rehbein at 231-3685 for a description of opportunities. You will be joining a winning team.

## Post Meeting Moved to July 7

The regular meeting of the Ames Post will be on Wednesday, July 7 at 7PM rather than July 8. This change has been made to allow our officers to attend Department Convention. Several of the officers need to be at the convention site on Thursday evening.

## Delegates Selected to Department Convention

Selection of the delegates to represent the Ames American Legion Post at the Department Convention was accomplished at the June meeting. Those selected are Jennifer Monserud, Mike Monserud, Randy Freel, Frank Andrew, Stan Elliott, Cliff Barker, Doug MacCrea, Jay Sisco, Barb Sisco, Dana Thompson, Bob Bellinghausen and Dave Rehbein. As outgoing Commander, Jennifer Monserud will chair the delegation. We anticipate a busy convention with amendments to the Constitution and Bylaws being considered.

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## Post Commander Jay's Comments

Hello! Let me start out by saying how honored and humbled I am to have been chosen as Post Commander for 2021 – 2022. I look forward to working with the leadership team that has been put in place to support you, the members, and to carry on the great work being done in our community by the Post. With that being said, I would like to remind folks that any organization is only as strong as and as good as its membership. So, if anyone is interested on serving on any committees, please let me or one of the leadership team know.

For those of you that don't know me, and I'm sure that's a majority of folks, I'm a 1976 graduate of Iowa State and received my commission as an Ensign in the Navy through the Navy ROTC program. I spent almost 11 years on active duty serving on four different ship types. I also obtained a Masters degree from the Naval Postgraduate School

while on active duty. Following the Navy, I spent ten years building and running computer wargames to train the various Battle Group staffs on the East Coast. Since 1997 I've been working primarily in the financial services industry as a project manager.

My wife Barbara (incoming Post Historian and Auxiliary Chaplain) and I have been married for almost 31 years and have two grown sons, Joshua in Columbus, OH and Jacob in Boston, MA.

I know the past year has been a challenge and we still have challenges ahead of us as we continue on the road to normalcy. I look forward to those challenges. I would encourage everyone to get vaccinated if you haven't been already. Not just for you but for your family, your friends, and all those in high-risk categories.

Thank you and I look forward to seeing you at the Post. Take care & stay safe.

## Unit President Sandy's Comments

It's hard to believe that I have been your Unit President for two years. They say time flies when you're having fun. Well, it hasn't all been fun, but it has been an adventure. The pandemic changed the way we have done business, but it certainly didn't stop us.

We continued to support the Iowa Veterans Home. When their vending machines were empty because those who filled them were not allowed on the grounds, our Legion Family stepped up and we utilized our Wednesday curbside meals to collect over \$10,000 worth of snacks, masks, books and other items which we delivered to IVH. And because of your generosity we

were able to deliver 136 boxes of Girl Scout Cookies to them. Then most recently we were able to partner with Sam's Club to take over \$3000 worth of much needed Personal Protective Equipment to the Veterans and Staff. Good Job Ames Legion Family!

For the last 14 months, we have hosted Curbside Meals each Wednesday to support our Operations Committee and keep the doors to our Clubroom open. Essentially the same crew cooks, packages and delivers these meals every week. Thank You!

We didn't let the Pandemic stop us from honoring our heroes. Memorial Day 2020 and 2021, we continued to pro-

## Ames to Lead District

Post Commander Jennifer Monserud is stepping down from that job but will be moving up to a bigger position at the close of Department Convention.

She is the latest in a line of Ames Legionnaires to be elected as Commander of the Sixth District. In that job, she will oversee a staff of six officers and administer the District Programs in six counties of central Iowa, Dallas, Madison, Marion, Polk, Story and Warren.

The Sixth District contains 50 posts with a total membership last year of 4,570. The district finished second in last year's membership standings. We look forward to moving up that last step under her leadership.

Jennifer is the first woman in many years to hold the position of Sixth District Commander. We have enjoyed her leadership in our Post and are confident under her leadership for the district. We look forward to a good year.

## Squadron Commander Doug's Comments

Fellow Squadron Members –

It is a sincere honor to have been nominated and elected by the members of the Ames Squadron to be the Squadron Commander for the upcoming year. I promise to do my utmost to continue to promote our Squadron, support our Legion Family and do what we can to help our veterans and youth.

The past eighteen months have been hard on all of us, our families, the Post 37 Family and our community. We have all made sacrifices for the better good, some more than others. As we kick off a new year, I look forward to working with the Squadron membership to return to some sense of our pre-pandemic

normal this fall, hosting the activities that the Sons are known for at the Post and in our community. I am also eager to look at the possibilities of starting new activities that will enable our Squadron to support our Post Family, veterans and our area children and youth.

I wish all of you a happy and relaxing Fourth of July Weekend and summer.

Doug MacCrea

vide honors at 3 cemeteries, and put out grave flags in 4 cemeteries. Our Riders held a Wreaths Across America Ceremony in 2020 and plan to place Wreaths on 1500 Veterans graves next December.

We haven't made our membership goal yet, but I am confident we will continue to work toward that magic number.

Thanks for all your support, your words of encouragement, your time, and your talents. I am confident that you will support our new leadership as we continue For God and Country.

Sandy

## Clubroom Operations

With the COVID-19 problem on the decline and the percentage of people that have been vaccinated increasing, the operations of our clubroom are coming back closer to normal.

The bar is still operating under reduced hours but social distancing is no longer necessary. The Wednesday meals can now be eaten in-house but still need to be ordered in advance. Bingo has restarted on Sunday evenings with discussion about the second night underway.

We truly appreciate the patience shown by our members and guests as we worked through the last 12 months of pandemic. Thank you for helping us stay safe and stay open.

## Clubroom News

Happy Independence Day to all!! We hope that everyone is well and having a fabulous summer. We invite all of our members to join us for the 4<sup>th</sup> of July parade beginning at 11am. The Clubroom will open at 10am. We will also be grilling hamburgers and hot dogs out front. There will be plenty of activities downtown July 4, come and join in the fun!!

**Our curbside meals have continued to be a hit! Join us on Wednesday's for dine-in or curbside pickup.**

**Wed July 7-Lasagna**

**Wed July 14-Tex-Mex Night**

**Wed July 21-Hand Breaded Chicken Strips**

**Wed July 28-Meatloaf**

Check out our awesome daily specials

Taco Tuesday- Choose between a walking or a soft shell and top it will all your favorite toppings for just \$3

Winesday Wednesday-try one of our

many fine wines, whether you like a dry red or a sweet white or your tastes are in between, we have a wine for you. \$3 a glass.

Thursday Dynamic Duo Day- Offering Dollar Dogs all day, your choice of Plain, Jalapeno & Cheddar, or Cheddar. Wash them down with \$2 Domestic Bottles

Sunday Funday- Every Sunday the clubroom offers a \$4 Bloody Mary loaded with all the goodies, \$5 Moscow Mules all day long, and \$2 Domestic Draws.

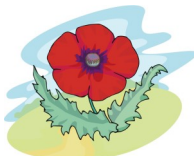


Kudos-Thanks to all who helped out over the last month. It is greatly appreciated. Tom Fowler, Russ and Vicki Belz, Paul Madsen,

Sandy Deacon, Mike Deacon, Ken Woodley, Bill Donovan, Julie Rinard and Addison Donovan.

## Thanks to Poppy Workers

Thank you to the ten volunteers from the Legion family who distributed poppies on Memorial Day Weekend – May 28 and 29. Thanks to their dedication and hard work, along with the cans placed in locations around Ames, we raised \$3000. This money will be used



to help veterans and their families. I would also like to thank Paula Neutling and Shari Redies for distributing poppies on Main Street and Dana Thompson for matching their donations.

**THANK YOU ALL!!!**  
Janet Schmidt, Chairman

## Membership Renewal Time is Now



That card should look familiar. Every veteran who is a member for 2021 has one in their

pocket. Now is the time to replace it with a card for 2022.

Not long after you receive this newsletter, you will find a dues renewal notice in your mailbox. You can renew using that notice and mail your \$45 dues to the Post.

Many of you know that there is another way to renew, especially if you would prefer to use a credit card to renew. That is by going online and renewing through National Headquarters.

That process requires you to have an account at [MyLegion.org](http://MyLegion.org). It is by far the best if you use your email address as your username and then choose a se-

cure password.

After the account is established and after July 1, you can enter that account and renew. There is an option to stop the paper renewal notices and get those by email. You will print your own membership card once your renewal clears.

There is also an option to automatically renew each year. That will store your credit card, charge it each year and send you a notice that your dues have been renewed so that you can get your new membership card.

Getting a quick start on membership this year is important. We want to show the posts in the District that we understand the responsibility of leadership when one of our members is leading the District.

Renew as soon as you can and help us provide that example of leadership. Thank you for being a member in 2022.

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

## Legion Riders

Last month I said the sun would come out soon, well, it has. There is no doubt that summer is truly upon us.

Your Legion Riders rode escort and laid a wreath at Ames Cemetery on Memorial Day, and after the drive through parade the community of Stone Brook asked us to help them grow their afternoon celebration again for 2022. There are 30+ veterans in the North Ames neighborhood and many more veteran's families that all came out to watch our drive by salute to their service. This year the HOA representative asked us if we could park and chat with some of them, and then bought our lunch.

Our "Ride to the Freedom Rock" event continues to grow. This year it brought in over 30 riders from five chapters across the state to hang out and meet for lunch.

The Bike Night at R Place Pizza and Pub was very well attended by riders and non-riders alike. The band was entertaining and the raffle prizes were a definite hit with the crowd. We were reaching out to qualified non members and I'm happy to report that there should be several new members coming to the Ames post. Troy and Sonia, the owners of R Place, were so proud to be hosting us, and we've all become very close in the last year.

We all know it's important to develop and keep these relationships, so I ask those who can to please help support those that in turn, support your Legion Families.

We're still working on finding dinner ride locations that are open and staffed on Sunday. In normal years we would have a set schedule before now. My road captains are working on it and expect to have one by July 1. The second dinner ride on June 27th will be to the Whistling Donkey in Woodward. We'll also have a number of us riding in the 9th Annual Chasin Tails Fun Run to benefit the Story County Animal Shelter on the 26th.

Our Next meeting will be July 5th, 630pm, at the post. Come sit in with us, and stay up on what your Legion Riders are doing next!

Until then, ride safe and ride often.

AMERICAN LEGION POST NO. 37


225 Main Street  
Ames, IA 50010

RETURN SERVICE REQUESTED

|                |
|----------------|
| NON PROFIT ORG |
| -----          |
| US POSTAGE     |
| PAID           |
| Permit 147     |
| Ames, IA       |

LOOK INSIDE FOR COUPON

# JULY

| <i>Sun</i>  | <i>Mon</i>   | <i>Tue</i>                                   | <i>Wed</i>  | <i>Thu</i>  | <i>Fri</i>  | <i>Sat</i>    |
|---|--|--|---|---|---|---------------|
|  | Find us on Facebook at <b>American Legion Family of Ames, IA Post 37</b> |  |   | 1 DOLLAR DOG DAY<br><br>OPERATIONS COMMITTEE 6:00 | 2 FIREBALL FRIDAY<br>FLAGS UP 7am<br><br>MUNCHIES NIGHT | 3             |
| 4 INDEPENDENCE DAY PARADE & GRILL-OUT BINGO   | 5 FLAGS DOWN 5pm<br><br>LEGION RIDERS 6:30                               | 6 TACO TUESDAY<br><br>AUXILIARY REGULAR 6:30 | 7 WEDNESDAY CURBSIDE MEAL LASAGNA LEGION REGULAR 7:00 | 8 DOLLAR DOG DAY                                  | 9 FIREBALL FRIDAY<br><br>DEPARTMENT MUNCHIES NIGHT      | 10 CONVENTION |
| 11 DEPARTMENT CONVENTION BINGO  | 12 JOINT INSTALLATION CEREMONY 7:00                                      | 13 TACO TUESDAY<br><br>SAL REGULAR 6:30      | 14 WEDNESDAY CURBSIDE MEAL TEX-MEX NIGHT              | 15 DOLLAR DOG DAY<br><br>SOCIAL COMMITTEE 6:30    | 16 FIREBALL FRIDAY<br><br>MUNCHIES NIGHT                | 17            |
| 18 BINGO  | 19 VFW POST MEETING 7:00   | 20 TACO TUESDAY                              | 21 WEDNESDAY CURBSIDE MEAL CHICKEN STRIP              | 22 DOLLAR DOG DAY                                 | 23 FIREBALL FRIDAY<br><br>MUNCHIES NIGHT                | 24            |
| 25 BINGO  | 26   | 27 TACO TUESDAY<br><br>40&8                  | 28 WEDNESDAY CURBSIDE MEAL MEATLOAF                   | 29 DOLLAR DOG DAY                                 | 30 FIREBALL FRIDAY<br><br>MUNCHIES NIGHT                | 31            |