

# Ames Legion Family In Action

## Legion Races to BE THE ONE

The American Legion Indycar race car will be running in Newton on the



weekend of July 23 and 24. This will be the second year of the sponsorship but the first appearance in Iowa.

Jimmie Johnson and Tony Kanaan have driven the #48 car with Legion colors while Alex Palou has driven #10 with that color scheme. All three drive for the Chip Ganassi race team.

The American Legion was named one of the official charities of Indycar this year. A Legion vehicle and Legionnaires will be in the paddock area of the track to speak with racefans, sign up new members and collect donations.

The team is publicizing the Legion's "Be The One" program on suicide prevention. That program aims to engage every member of the

The Legion family in the effort to prevent veteran suicide.

Be The One asks each of us to be the one that recognizes a veteran in need and helps find what they need. Be the One means we all work to save one veteran at a time rather than consume ourselves with talking about the staggering number of daily suicides.

Be The One is based on three actions

- Ask Veterans in Your Life How They are Doing
- Listen When a Veteran Needs to Talk
- Reach Out When a Veteran is Struggling

Remember the Veteran Crisis Line, 800-273-8255 Ext 1 and keep it handy for when you might need it to help a veteran in need.

More information is at [www.legion.org/betheone](http://www.legion.org/betheone).

## Officer Installation

The Joint Legion Family Installation of Officers for the 2022-2023 year will take place on Monday evening, July 11 with the ceremony beginning at 7PM.

The officers of the Post, Unit and Squadron generally know each other but this ceremony provides them an opportunity to stand together to receive the charges of their office and creates a feeling of working together.

It also provides an opportunity for the membership of the Post, Unit and Squadron to join together in support of the new officers and the programs that they will undertake.

Your Legion family does many things together, working both inside the post and outside on the programs the Ames Legion family supports. Join us on July 11 and show your support of the next year's work.

## 2023 Membership Year Begins

The 2023 membership year will officially begin with the arrival of The American Legion's dues renewal notices in our members' mailbox around July 1. Renewal notices for the Unit and Squadron members will not arrive until later but there really is no reason to wait.

Dues for the three organizations will remain at the same level as for 2022. Post members—\$45, Unit members—\$30 for senior members, \$20 for

senior members who are also Legionnaires and \$5 for junior members, Squadron members -\$45 for senior members and \$15 for members who are also Legionnaires or those members under age 21.

Membership goals have not yet been set but unofficially our first goal is growth. Current 2022 membership is 491 for the Post, 253 for Unit and 205 for the Squadron. Let's get over those numbers in 2023.

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## Post Commander Jay's Comments

Once again, I'm humbled and honored to lead the Ames American Legion Post. I want to thank my leadership team for helping me learn during the past year. Now that I've had a year to learn the job, I'm looking forward to the coming year. Thank you all for the opportunity and I hope to see you at the Post.

While it's summertime and there isn't a lot going on socially, July will be a fairly busy month. It starts with the Ames Fourth of July Parade, followed closely by the Department Convention in Des Moines from July 8 – 10, which is followed by the joint installation of officers at the Post on July 11. We will also do another pancake breakfast on July 16<sup>th</sup>. The pancake breakfast is a free will donation, so come on down and enjoy

## Unit President Rachel's Comments

Happy 246th Birthday America! Although the Revolutionary War and the Declaration of Independence was over a century before the American Legion was started, we still take this time to remember those that first fought for our freedoms. As the American Legion Family we still continue to remember and honor those that have and are currently fighting for our freedoms to continue. We cannot do this without volunteers. There are many ways visible and invisible (behind the scenes) that you can help. If helping put the flags on downtown Ames is not your thing, then maybe help out in another capacity. You can let your neighbors know that

some delicious pancakes and sausage. When you're done you can visit the Ames Farmers Market.

It's time to start thinking about renewing your membership for the 2022 – 2023 year. Remember renewing early qualifies you for a discount at the early bird dinner. You may also want to consider becoming a PUFL (Paid Up for Life) member and not have to worry about having to pay your dues on an annual basis. Remember, dues are the life blood of the Post and allow us to fund our programs and support our veterans and our community.

Thank you again and I look forward to serving you, the membership, in the coming year.

Take care and stay safe!

there's a place outside the Post to deposit worn and tattered flags and that they can be replaced by purchasing one inside the post. Congratulations to all of the incoming officers of the Ames Legion Family! The Unit will be hosting the Joint Installation Ceremony at 7:00 pm. Please join us in welcoming these officers into their new positions. Department Convention will be held this year July 7-10 at the Airport Holiday Inn in Des Moines. Members are encouraged to attend, regardless if they are a delegate. You can learn a lot of what the American Legion Auxiliary is about by attending, even if you cannot attend all of it.

## Squadron Commander Doug's Comments

July is here and that signals not only hot weather but a very busy timeframe for the SAL and our entire Post Family membership – Fourth of July celebrations with family and friends, installation of new (well almost new) SAL Officers, Department Convention, legacy/fundraising rides by the Legion Riders, vacations, as well as preps for National Convention. I hope that you all have a great July and stop by the Post during these hot days and events to enjoy the cool comfort of the Post and a refreshing beverage and snack.

At our June meeting I was honored to be re-elected as the SAL Squadron Commander for the coming year. I appreciate the vote of confidence that the Squadron members have demonstrated in re-electing me to that position.

With the onset of July, it is now time to look to the coming year and make plans for our various activities and fundraising events. Remember, **without your input and support**, we cannot carry out many of the activities or provide the monetary donations needed to support our area veterans and their families.

**July also is the kick-off of our annual membership renewal drive for 2023.** One of the comments I hear on a regular basis is that "I just paid my dues!" Remember, our membership year runs from January 1 to December 31 each year. Your SAL membership expires, and you are considered delinquent, on January 1<sup>st</sup> each year. We start our annual membership renewals the prior July (for example renewals start this month for the 2023 year), not only be-

## Future of the Ames Post

The Ames American Legion Post is facing a problem that has been building for a number of years, a problem that must be addressed and that may determine the future of the Ames American Legion.

That problem is the declining number of members that will take an active role in the business affairs of the Post and leadership of the Post programs. At this time, we have vacancies in three of the important offices of the Post, 2nd Vice-Commander, Adjutant and Sergeant-at-Arms.

Beyond that, we recently reduced the number of members necessary to conduct business at a meeting from 15 to 9 due to declining attendance.

These problems will be addressed by the new officers of the Post. What direction those officers may take facing these problems is yet to be determined. Without doubt, our members will have a voice in determining the future of the Post. Please be thinking about what you want the future of our Post to look like. We will need your voice and your help.



**ATTENTION MEMBERS:** One quick way to help your Legion family is to receive this newsletter by email. Every newsletter that we send through the Post Office costs us about 35 cents. Send your email to davidrehbein@msn.com and you will save the Legion family \$4.20 each year. Not a lot but think of what 10 or 25 or 50 could add up to.

cause each and every member is important to us, but to give our Membership Chairs time to track our membership. **It also gives you ample opportunity to pay your dues for the coming year before December 31.** So, when you receive the renewal notice in the mail, please return it as soon as possible. An option to consider so that you don't have to worry about annual renewals is a Paid Up For Life Membership. If interested in that option, please contact me.

I hope that you have a great Fourth of July Weekend and summer with family and friends. And to quote an old television show (points if you can name the show) – "let's be safe out there!"

## 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 be open at 10am. We will be grilling hamburgers and hot dogs out front of the post. There will be plenty of activities downtown July 4, come and join in the fun!! We are always looking for volunteers to help with our booth before, during and after the parade. If you are able stop in and let me know or email me at alames37@aol.com.

Our curbside meals have continued to be a hit! Join us on Wednesday's for dine-in or curbside pickup. Some of these meals have been extremely popular so if you want to make sure you get one please let me know ahead of time so I can make enough. I try to keep costs down by only making a certain amount so that there is not much waste.

**Wed July 6-Lasagna**

**Wed July 13-Tex-Mex Night**

**Wed July 20-Herb Roasted Chicken**

**Wed July 27-Steak Night**

Check out our awesome daily specials  
Taco Tuesday- Choose between a

walking or a soft shell and top it with all your favorite toppings for just \$4

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 \$2 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.

Thanks to all who helped out around the clubroom over the last month. It is greatly appreciated.

**THANK YOU**



Tom Fowler, Russ and Vicki Belz, Paul Madsen, Sandy Deacon, Mike Deacon, Ken Woodley, Bill Donovan, Julie Rinard, Marty and Jo Kelly, Rodger VanVoorhis, Colten Christensen and Addison Donovan.



## Legion Riders—Cliff Barker, Director

Well now, June was a blur, where did it go? The Riders 3rd Annual Ride to the Rock was June 4th, Your Ames Riders met up with 3 other Chapters for some camaraderie and good times, After lunch, they spent the day riding and proudly representing the American Legion. As always this event takes place on the first Saturday after Memorial Day and goes to Menlo, Iowa to see the latest version of the Iowa Freedom Rock. This year's version is great, I encourage you to take the drive. Everyone is welcome to come along next year.

The 6th District Legacy Ride Took place on June 11th. We had 16 Bikes, 2 cars, and 22 Legion Family members that braved the rain and wet roads for 125 miles, visiting Cumming, Waukee, Polk City, and ending in Ames.

When we got to the end at the Ames Post, the sun was shining and everyone was smiling. It was a great day.

We would like to say a big thank you to District Commander Jennifer Rehbein for riding along and for taking pictures and video. We would also like to extend a separate thank you to Department Commander Bob Waugh for riding with us for the entire route, visiting 5 posts, and for taking the time to grab a bite at Ames before heading back home. We know the schedule of the Department Commander is often booked solid on weekends, and to have Bob spend the entire day with us was terrific.

The Legacy Fund donation total for the 6th District so far is nearly \$1,500.00. We have until Department convention to achieve our goal of \$2000.

In other Riders news the Patriot Guard and Legion Riders will participate in Veterans Appreciation night at the Knoxville Speedway July 2nd, standing a flag line and saluting all of the veterans.

## USS Iowa Being Built

The next USS Iowa is in the construction process in Groton, CT. Unlike the previous USS Iowa ships, this version is being built by Electric Boat since it is a Virginia-class nuclear attack submarine.



Why is this important to us? It is because one of our members is leading the effort to provide the funding for the morale and welfare materials that the Navy cannot fund.

Doug MacCrea has taken the chair of the committee who is charged to raise those funds. Christening of the boat (submarines are boats not ships) will take place this fall with commissioning scheduled for the fall of 2023.

This will officially be the fourth USS Iowa. The first was a battleship (BB-4) commissioned for action during the Spanish-American War, The second (BB-53) was under construction but cancelled in 1922. The third and most well-known (BB-61) was the lead ship in her class and launched in 1942. She saw service until decommissioning in 1990. BB-61 currently lies at anchor as a museum ship in Los Angeles.

We know the 4th USS Iowa (SBN-797) will serve with distinction and thank Doug for helping with that effort.

The Wreaths Across America Committee is proud to announce they have 719 wreaths purchased and that the Can Day donations remain a success. The next Can Day is July 16th behind the post from 9-11am. Our dinner rides are in full swing on the 2nd and 4th Sunday of each month. In June we went to Riverside Tap in Lehigh and to Papa's Pizza in Polk City. We're still tentative on the July locations with the availability of open restaurants still changing often.

On July 13th, from 5-9pm Big Barn Harley Davidson is hosting the USS Iowa Commissioning Committee to help raise funds and awareness of the latest Virginia Class submarine.

Did I mention we are now at 54 members? This is only possible by the efforts of the whole chapter and with the support of our post. Thank you to everyone for making Ames Chapter 37 so successful. That's all for now, As always Ride safe and Ride often.


AMERICAN LEGION POST NO. 37

225 Main Street  
Ames, IA 50010

RETURN SERVICE REQUESTED

NON PROFIT ORG
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US POSTAGE PAID Permit 147 Ames, IA

# 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>			<b>INDEPENDENCE DAY FLAGS</b> UP 7/1 @ 7 DOWN 7/4 @ 5	1 FIREBALL FRIDAY  MUNCHIES NIGHT	2
3  BINGO	4 PARADE & GRILLING LEGION RIDERS 6:30	5 TACO NIGHT \$4  AUXILIARY REGULAR 6:30	6 WINESDAY WEDNESDAY  CURBSIDE MEAL LASAGNA	7 DOG NIGHT  OPERATIONS COMMITTEE 6:00	8 FIREBALL FRIDAY  MUNCHIES NIGHT	9 DEPARTMENT CONVENTION
10 DEPARTMENT CONVENTION BINGO	11 INSTALLATION OF OFFICERS 7PM	12 TACO NIGHT \$4  SAL REGULAR 6:30	13 WINESDAY WEDNESDAY  CURBSIDE MEAL TEX-MEX	14 DOG NIGHT  LEGION REGULAR 7:00	15 FIREBALL FRIDAY  MUNCHIES NIGHT	16  WOA CAN DAY 9:00—11:00
17  BINGO	18  VFW POST MEETING 7:00	19 TACO NIGHT \$4	20 WINESDAY WEDNESDAY  CURBSIDE MEAL ROAST CHICKEN	21 DOG NIGHT	22 FIREBALL FRIDAY  MUNCHIES NIGHT	23  INDYCAR RACE NEWTON 3:00
24 INDYCAR RACE NEWTON 2:00 BINGO	25	26 TACO NIGHT \$4	27 WINESDAY WEDNESDAY  CURBSIDE MEAL STEAK NIGHT	28 DOG NIGHT  40&8	29 FIREBALL FRIDAY  MUNCHIES NIGHT	30