

Legion Family Officer Installation

The Ames American Legion family has a longstanding tradition of installing our new officers each year as a family rather than three separate organizations. That tradition will continue this year with the installation ceremony beginning at 7 PM on Monday, July 10. We are inviting every member to join us that night to welcome these new officers and pledge their support for the coming year.

That support will be important since the Post has one of our members, Stan Elliott, as a candidate for Department Commander for the coming year. The Ames Legion family has another long-standing tradition. We actively support any of our members that are elected to state office. That support begins with membership. It will be important to show the rest of Iowa that the Ames Legion family knows that leadership begins with membership success. That is only the first step but it is a necessary one. Come witness the installation and renew your membership that night.

Post Officers

Commander; Jay Sisco, **1st Vice Commander;** Dave Rehbein, **2nd Vice Commander;** Open, **Adjutant;** Doug MacCrea, **Finance Officer;** Randy Freel, **Sgt-At-Arms;** Derek Kraayenbrink, **Chaplain;** Ricky Thompson, **Service Officer;** Bob Bellinghausen, **Historian;** Jennifer Rehbein, **Executive Board;** Randy Breyfogle, Keven Brace, John Baldwin, Frank Andrew

Unit Officers

President; Jamie Barker, **1st Vice President;** Sharon Bellinghausen, **2nd Vice President;** Jodi Mann, **Secretary;** Sandy Deacon, **Treasurer;** Ann Rehbein, **Chaplain;** Keri Guy, **Historian;** Becky Lundy, **Sergeant-at-Arms;** Jay Sisco, **Executive Board:** Kathy MacCrea, Jan Schmidt, Marilyn Nervig, Linda Henderson, Sharon Mott.

Squadron Officers

Commander; Cort Pahl, **1st Vice Commander;** Russ Belz, **2nd Vice Commander;** Keven Brace, **Adjutant;** Mike Deacon, **Finance Officer;** Randy Freel, **Chaplain;** Roger Elliott, **Sgt-at-Arms;** David Senchina, **Historian;** Open, **Executive Board;** Steve Malmquist, Bob Bellinghausen, Jay Sisco, Mike Monserud

Everett Freel Transfers to Post Everlasting

Past Post Commander and long time member Everett Freel passed away just a few days before this issue was published.

Everett was a long-time member, joining the Post soon after his return to Ames from active in the mid-1950s.

He served the post in many positions including as Post Commander in 2007-2009. Possibly



Everett Freel
2007-2009

his biggest contribution to the Post came from his lifelong love of motorcycles. He and Marilyn each rode and passed that love to their three children.

They were there at the start of the Legion Riders in Iowa and were instrumental in starting the Ames Legion Riders chapter.

Everett's obituary can be found in the [Ames Tribune](#).

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Post Commander Jay's Comments

Hello again! Well it's summer and if June was any indication it looks like it will be a hot one. Hope everyone is staying cool.

First let me say what an honor and a pleasure it is to have been chosen, once again, to be Post Commander. I look forward to serving you, the members, for another year. Thank you!



I want to publicly congratulate three of our Legion members, John Schoemaker, Gerald Skahill, and Curtis Bauer, who all received 50 Year Continuous Membership certificates. What an accomplishment!

Congratulations to Past Legion Com-

mander and now the immediate Past SAL Commander, Doug MacCrea for his efforts in making the christening of the USS Iowa (SSN-797) a success. For those of you that don't know, Doug is the chairman of the state's USS Iowa Commissioning Committee.

July 4th will once again see our color guard leading the Ames Fourth of July parade. Come out and watch the parade and stop by the front of the Post to grab a hot dog or hamburger.

This month will see a number of Legion Family members in Des Moines for the Department Convention from July 14 – 16. This will include the election of new Department Officers and our own Stan Elliott is in the running to take over as Department Commander. Good Luck Stan!

We will continue our Veteran's Coffee on July 28th and our Pancake Breakfast on July 29th.



As mentioned previously, Legion member Ron Kobeluch is putting together an information and assistance program on Veteran's suicide and Be the One. Ron plans to bring the message to the community by having a booth or table outside the Post on days we have a Pancake Breakfast. He may also try to get a spot at the Farmers Market to get the word out. If anyone wants to help in this important mission let me know or leave a message for Ron in my box at the Post.

Unit President Rachel's Comments

Happy 4th of July! It's hard to believe that summer is in full swing and just a few months ago, I was wondering if winter would ever end and warmer weather would come. Be careful of what you wish for! We have experienced some very warm weather in June. As I am writing this, Girls State is just beginning their week of learning about government, the political process, along with several programs of the American Legion Auxiliary.

Did you know that Iowa is 1 of 2 states that have a camp for their Junior Auxiliary members? Last month I had the opportunity to be a counselor at Junior Camp. It was an amazing experience. There were 34 girls that spent the week

learning about American Legion Auxiliary Programs, all while having fun. Ames Unit 37 had 3 girls in attendance. Among the many activities, we heard from women veterans, learned flag etiquette and how to make poppies, made baby baskets for the women's center at the Des Moines VA, toured the Gold Star Museum on Camp Dodge, visited Blank Park Zoo and much more. The best part was seeing how much the girls grew during this week. Thank you to all the Legion Family members that helped make this a wonderful experience for the girls!

On Friday, the camp experience ended with the Department of Iowa Juniors Convention. Our own Sadie Breyfogle

did an excellent job of running this convention as Honorary Junior President. Congratulations, Sadie, on a successful year! During the convention, the Juniors elected new officers and after 3 rounds, Sadie was elected as Department Secretary for the Juniors this next year.

Speaking of officers, Congratulations to the newly elected unit officers! It has been a good 2 years with many of our programs and events returning with more participation after pandemic pause. I am passing the leadership on to Jamie Barker as your newly elected Unit President. Thank you for the past 2 years as your Unit President.

Squadron Commander-Elect Cort's Comments

Fellow Squadron Members and my American Legion Family—

I am very honored to be elected your Squadron Commander for the coming year, along with a fantastic Squadron leadership team. Their combined experience and commitment give me confidence for a great year ahead.

I've been an Ames resident since 1985 if you count my freshman year at Iowa State. When I graduated in 1989, I started my career at Principal Financial Group (still there!), but instead of mov-

ing to Des Moines to be closer to the office, I stayed in Ames because I loved the community. I view my membership in the Sons as one of the ways I can give back to my community.

I joined the S.A.L. to honor my father who served in the Army during the Korean War. He has been a long-time member of the American Legion, Dixon, Iowa Post, and has served in many capacities, including as post commander. He is observing his 71st year of membership in the American Legion

this year and is still going strong. In my small way, I hope my efforts for Ames Squadron 37 reflect well on his American Legion legacy.

The Ames Squadron supports many vital programs for veterans, youth and the community. I'm looking forward to the year ahead and the impact we will have in our community. We can't do it without the support of Squadron members like you! Thank you for all you do!

Cort Pahl

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 4th 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.

RAGBRAI is also stopping in Ames this year and all the activities are happening downtown. Come downtown and enjoy all the food trucks, vendors and concerts. Stop in the clubroom and say hello and cool off. We will also be having Music Bingo again this month so there are lots of fun things happening in Downtown Ames and in the Clubroom. Hope to see you!

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 5-Lasagna

Wed July 12-Creamy Tuscan Chicken

Wed July 19-Meatloaf

Wed July 26-Steak Night



Thanks to all who helped out around the clubroom 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 Rinnard, Marty and Jo Kelly, Rodger VanVoorhis, and Colten Christensen

July Meetings Changing Date

Events in July have caused all of the monthly meeting, Post, Unit and Squadron to move to a different date. You will see on the calendar that the Post meeting has moved from July 13 to July 6. That change was caused by the Department convention committee meetings which several of our members attend being on July 14.

In addition with Independence Day falling on the first Tuesday, the Unit has decided to move their meeting July 10

Ready to Renew?

The 2024 membership cards have arrived and are ready to be sent to you as soon as you renew for 2024.

Renewing is really easy. You can go online to Legion.org or ialegion.org and click on the Renew button.. If you renew the way, you will need your membership ID number from your 2023 membership card or sign in to your mylegion account.

The other method is to wait until the membership renewal notice lands in your mailbox and mail you dues to the post. Either way, you will be sent your 2024 card.

Dues are \$45 for 2024 if you renew now. No reason to wait, do it now.

after the installation ceremony. A firm time cannot be set due to uncertainty about the length of the installation but their meeting will begin shortly after the installation closes.

The Squadron is hosting the installation this year and decided not to have events two night in a row. They have chosen the same change the Unit did, to have their meeting following the installation ceremony.

Please to take note of the changes.

50/50 Raffle Continues

The 50/50 raffle continues to reward one member each month for entering but more importantly is helping with some needed fixes at the Post.

You may have experienced problems with the phone or the door fobs at the front door. The problem is the electronic switch that runs all that plus our internet and several other things around the post. That switch needs to be replaced.

This is where the proceeds of this month's 50/50 raffle will go. Currently that amount is \$87. Last month's winner got \$309.50. Stop in buy a ticket or 6, \$1 each or 6 for \$5. You can help the post and you might take home a nice prize.

Legion Riders

June was off to a great start. We had a terrific can day, We made our 4th Annual Ride to the Rock, We made our ride to the Welcome Home Memorial. We even rode to Lehigh for Dinner.

But, we recently received the news though that your Riders hated to hear. State Legion Rider Charter Member and Ames Legion Rider Charter Member, Everett Freel passed away on Friday, June 16th.

Everett was one of the original Ames Legion Riders, and one of the first to welcome me to the Ames Chapter. He and his wife Marilyn were regular meeting attendees, I couldn't even begin to list the amount of miles he and she rode or the stories I've heard. The service and ceremony details for this great man were unavailable at the time of this writing, and I understand Marilyn is having health concerns of her own. Your Ames Riders are on standby for any assistance that is going to be needed, and on behalf of the Chapter I would like to express our deepest condolences to both the Freel and Jones families.

Godspeed Everett, we'll miss you sir...

Legion Leads the Field



Alex Palou and The American Legion Be The One car are having an outstanding season in IndyCar racing. After three wins in the last four races, we are leading the points standings by 74 points. That is the widest gap of any-time in the last three year.

Beyond leading the standings, Alex and the BE THE ONE slogan are receiving a lot of air time, helping to raise awareness for veterans suicide. The television announcers have learned what we doing to prevent veterans suicide and are talking about it during the race.

Alex and the BE THE One car will be racing in Newton on July 22 & 23. That is the only doubleheader in the season. If you can't be at the race, watch on TV or organize a watch party. Our investment in the car is paying dividends for The American Legion and our veterans.


AMERICAN LEGION POST NO. 37

225 Main Street
Ames, IA 50010

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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 American Legion Family of Ames, IA Post 37			1 DOWNTOWN FLAGS UP 7AM
2 BINGO	3 LEGION RIDERS 6:30	4 TACO TUESDAY PARADE & GRILLING	5 WINESDAY WEDNESDAY FLAGS DOWN @5 CURBSIDE MEAL LASAGNA	6 DOG NIGHT OPERATIONS COMMITTEE 6:00 LEGION REGULAR 7:00	7 FIREBALL FRIDAY MUNCHIES NIGHT	8
9 BINGO	10 INSTALLATION UNIT MEETING SQUADRON MEETING	11 TACO TUESDAY	12 WINESDAY WEDNESDAY CURBSIDE MEAL TUSCAN CHICKEN	13 DOG NIGHT	14 FIREBALL FRIDAY MUNCHIES NIGHT	15 CAN COLLECTION 9 AM—11 AM
16 BINGO	17 VFW POST MEETING 7:00	18 TACO TUESDAY	19 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	20 DOG NIGHT	21 FIREBALL FRIDAY MUSIC BINGO 7-9 PM	22
23 BINGO BINGO	24	25	26 WINESDAY WEDNESDAY CURBSIDE MEAL STEAK NIGHT	27 DOG NIGHT 40&8	28 FIREBALL FRIDAY VETERANS COFFEE MUNCHIES	29 PANCAKE BREAKFAST