

Stan Elliott Elected Department Commander

July 16, 2023 was a red letter day in the history of the Ames Post. That was the day that Stan Elliott was elected to the office of Department Commander for Iowa. Stan is the second Department Commander from our post, following in the footsteps of Jim Demarest.

Stan has served the Iowa American Legion in a number of roles and offices giving him an excellent preparation to serve as our Commander.

Stan's theme this year comes directly from the preamble to our American Legion Constitution, "Devotion to Mutual Helpfulness". As Stan said in his acceptance address "because all of us need the help of others, and as this new year begins we have several areas we need to help each other with."



Stan has three areas of concentration this year. 1) Be The One—helping with the work to prevent suicide. 2) Buddy Check—ensuring that our comrades know we are there for them. 3) Increasing program participation through better training and support for our program chairs.

Membership will also be

an area of concentration for Stan. His first visit as Commander was to help with a membership drive for Post #739 at the Veterans Home in Marshalltown. With his help, they gained 8 new members.

His project this year is donations to the American Legion of Iowa Foundation. Any of our members that want to support Stan with a donation to that Foundation can drop it off at the Post or mail to Department Headquarters, 720 Lyon St, Des Moines 50309.

Membership will be a priority for our post to support Stan this year. You will hear more about that but for now, you can start by renewing your membership now.

Honor Guard Members Needed

If you are a Legionnaire or Son and are interested and available in being part of the Post Honor Guard, please contact Doug MacCrea at 515-450-0773, via e-mail at dmaccrea@gmail.com or drop your contact information off at the Post.

The Honor Guard represents the Post in providing final honors to deceased veterans, presenting the colors at various community events and ceremonies and marching in local parades when possible.

We are seeking new members,

particularly those that would be able to make an hour or so available during a weekday when needed, to replace those individuals whom are no longer able to participate.

If you can be part of the Honor Guard, you will find it to be one of the more rewarding experiences you will have as part of the Legion Family.

If you have any questions, please contact Doug.

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Post Commander Jay's Comments

Wow! August is here already, time flies when you're having fun. Time for the State Fair and for Ames to once again get busy with the return of the Iowa State students. I will admit, I miss my days as an ISU student.

First off, I want to encourage you to renew your membership early, it will save you money. On January 1st the amount we pay to Department will be going up \$5. Consequently, we'll be forced to raise our dues. Renew now and beat the increase.

Coming out of the Department Convention I have some thoughts on what I'd like to see our Post doing in the coming year. We've already started on one of the items, community awareness for veterans' suicide and the Be the One initiative. Ron Kobeluch has manned a

table in front of the Post with information on the Legion family as well as veterans' suicide and Be the One. He's had a positive response from those who have come by. He had to take a break while he performed in the veterans' chorus of the opera the Falling and the Rising, which portrays the struggles, sacrifices, and strength of the men and women who serve us every day. He will be back at it in August.

While we are involved in our community, I would like to see us become even more involved. I want us to get out there and show the community what we can do. But to do that I need your help. There are any number of things we could be doing, but it takes people to make it happen. It would not require a great deal of your time and there would

be no commitment beyond the event for which you volunteered. If you have ideas on activities in the community that the Legion could get involved in, please let me know or leave a note in my box at the Post.

One fairly simple way you can get involved is through the Buddy Check program. We will start a program here at the Post and all you need to do is talk on the phone. It's just a monthly check-in with our members to see how they are doing and if they need any assistance from the Post.

I'll close with what is probably a poor analogy, the more of us there are to carry the water, the fewer jugs each of us must carry.

Take care, stay safe, and see you at the Post!

Unit President Jamie's Comments

I like to start off with gratitude, so I would like to thank everyone for attending the Joint Installation on July 10th, PNC Dave Rehbein and PDP (and mentor) Sandy Deacon for installing Officers, and the Sons of the American Legion for hosting this event. I feel very privileged to serve as the 2023-2024 Unit President for our Auxiliary.

The month of July has been busy with installation and Department Convention where we share ideas and form friendships. As we look forward, newly installed Department of Iowa President Mary Sypher's slogan is "Hats off to our Veterans". This should be a fun year with that slogan!



Membership is still an area to work on, so if you haven't paid your 2024 dues yet, please see our membership chairman, Sandy Deacon. We have many committees to fill, so if you are looking for something new, please see me soon.

Moving into August, our Children and Youth/Education committees are committed to sharing school supplies so keep an eye out for the supply box as we ask our American Legion Family to come together with donations to share with schools and their teachers for the students. August 18th will be our deadline before we distribute to the school. Speaking of students, I've recently been in touch with a school that we will be supporting with one month of snacks for students. We are opening doors because during our conversations, I men-

tioned the Legion has the 5th Grade Flag Essay and now the school is looking into it. They are also checking whether each classroom has a flag. We may be able to do some demonstrations on flag etiquette. It will take a collaboration among our Legion Family with the schools and as Commander Sisco and I have decided, we are determined to do just that!

Finally, as a niece of a Vietnam Veteran who has had direct effects of Agent Orange, it would be remiss of me to not mention that August 10th is [Agent Orange Awareness Day](#). Please remember to keep fighting for our VA's to have the funding and support they need to treat our veterans no matter the illness. Only some are visible. Remember to "[Be the One](#)" and share 988, press 1. God Bless our Veterans!

Squadron Commander Cort's Comments

Fellow Squadron Members,

August is upon us and it represents the beginning of a new year for our Squadron. Our Squadron is something to be very proud of. We are the largest Squadron in the state of Iowa. For that we can be very grateful. Thank you to all of you - you made that happen.

The Sons of the American Legion has been a very important and impactful part of the American Legion since 1932. Imagine, in nine years we will be celebrating its centennial! Nationally, "since 1988, SAL has raised more than \$8 million for The American Legion Child Welfare Foundation. SAL members have volunteered over 500,000

hours at veterans hospitals and raised over \$1,000,000 for VA hospitals and VA homes." [<https://www.legion.org/sons/about>].

Locally, your Squadron 37 has contributed in the ways mentioned above, as well as supporting many local youth programs, like Boys State, Merit Awards, Academic Awards, Baseball and Junior Shooting Sports. That's a lot, but there is always more that could be accomplished. My humble challenge to each one of you is to find ways to use your talents and time to support your community and nation through SAL's many programs. Start by attending Squadron 37's monthly meeting and

find out how.

Renewing your membership is one of the easiest ways to support your Squadron. We kick off the 2023 renewal process this month. Please renew as soon as you can so that we can track our progress towards our membership goal. Dues are \$45/year for regular members and \$15/year for dual membership or Junior members (under 18).

In recent newsletters, we've mentioned the 50/50 raffle. The Squadron is facilitating this raffle and it is still going on. Stop into the Clubroom and buy your tickets. You might just win! But more importantly, part of the proceeds will go towards replacement of the

Clubroom News

I can't believe that it is almost August! This summer has just flown by! Thanks to all that joined us for the 4th of July festivities. It was a hot day but the breeze helped a lot. This event takes a lot of volunteers to put on and I appreciate each and everyone of you who helped make this a success!

Our Wednesday meals still continue to be a hit! It is great to see a clubroom full of people sharing a meal. We hope you can join us for one. Here are the meals for August. Make sure you check our weekly update and Facebook page for the full menu each week.

Wed. Aug 2-Chicken Fried Steak

Wed. Aug 9-Grilled Pork Chops

Wed. Aug 16-Burger Night

Wed. Aug 23-Steak Night

Wed. Aug 30-Ham Balls

You can call and place your order anytime during clubroom hours or Wednesday's after 2pm. The meals are avail-

ble for dine-in and curbside pickup from 5-6:30pm.

I am writing this letter with lots of sadness and a heavy heart after hearing of the passing of John Schomaker. He has helped me tremendously with my time here at the Legion and has done so much for the Post over the years. I can't put everything into words right now but we loved him and will miss him so much.



Thanks to all who helped out at the post in the last month!! It is very much appreciated. Sandy Deacon, Mike Deacon, Tom Fowler, Bill Donovan, Russ Belz, Vicki Belz, Addison Donovan, Colten Christiansen, Julie Rinard, Marty Kelly, Jo Kelly, Jamie Barker, Will Hensley, Rodger VanVoorhis.

Membership Year Begins

It is time for membership renewal. The 2024 membership year began at the convention. Our post has a special reason to do well in membership this year, that special reason is Department Commander Stan Elliott from **OUR POST**.

Sadly our membership record was not very good for 2023. We must do better in 2024. The Department has created an incentive to help Posts with membership. Eight names will be drawn on December 31 from the list of



members that are current for 2024. Those eight members will receive \$250 each

Our post is also working on some incentives to renew but we must wait until the Executive Board approves our budget for the year to make that announcement.

While it is not immediate, you should know that the Department has raised dues by \$5. That goes into effect on January 1. It is probable that the post will also need to take action. Renew now and avoid any problems.

Cmdr Cort (cont.)

Post's electronic switch - a much needed bit of maintenance.

Again, thank you for being a part of Ames Squadron #37. The Squadron's continued success depends wholly on its members and their talents and efforts. One of the ways I contribute to the Squadron and its programs is by being a coach of our local Junior Shooting Sports Program. I have discovered that by just stepping out and taking a chance or trying something new, it seems to inspire others to join in and help out. I have two other coaches helping me and numerous parents of JSSP members volunteering their time and resources. I hope you find that encouraging!

Veterans Day at the Fair



Veterans Day at the Fair will be Monday August 14. Active military, veterans and their spouses will enjoy a \$4 discount on the ticket price from \$16 down to \$12.

The Veterans Day at the Fair parade will start at 11 AM on the Grand Concourse. The parade will kick off with the playing of the National Anthem and continue around the fairgrounds.

Legion Riders

Well, the 2023 Department Convention is in the books, and your Riders are leading a wave of excitement about what we do all across the state. In the last month your Riders rode the Ames July 4th parade, Rode to Copperhead in Stratford and Fort Dodge for dinner, and we rode as escort for the Legion's Be The One sponsored IndyCar. Several of us rode to Sturgis to ride the real curvy roads, I rode to Denver and back for work, and the summer is only half over.

Sadly, we also escorted and stood a flag line in honor of our friend and Forever Rider Everett Freel.

A couple events of note, your Ames Riders Vice Director, Doug Sargent, was selected as a member of the Story County Veterans Commission, and Pat Volk was chosen as a Location Co-Chair for the Wreaths Across America project. Congratulations to you both, and you'll both do a fine job.

Upcoming is a Toy Run for the Waukee Riders Christmas project, the State Fair Parade, and preparation for the Legacy Ride. Three of your Ames Riders will depart Ames for Charlotte NC in mid-August. On this 2500 mile round trip they will be taking with them a record contribution collected by the Iowa Riders. In all, over \$14k was raised in Iowa and \$4,250 came from the 6th District. Thank you all for every bit of help, and for your donations. We're making plans to start the season at Jack Trice and Hilton by working food and drink concessions. Lastly, August 19th is the next Can Day at the post, and you're certainly making a difference with them. Thank you!

Until next month, Ride Often and Ride Safe
Cliff Barker

Director, Ames Riders.

Iowans at Shooting Sports



Two Iowans competed at the 2023 National Junior Shooting Sports Match. They were Hope Dobek and Lizzea Wright both members of the Des Moines Center Marine Corps JROTC and shot in the sporter category.

Hope qualified for the final round in 4th place and finished in 3rd with a final score of 2285.8 of 2610 possible.

Regardless of their eventual finish, being among the top 16 shooters in their category is an accomplishment. Congratulations to them both.


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AUGUST

<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	Facebook at American Legion Family of Ames, IA Post 37	1 TACO TUESDAY AUXILIARY REGULAR 6:30	2 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN FRIED STEAK	3 DOG NIGHT OPERATIONS COMMITTEE	4 FIREBALL FRIDAY MUNCHIES NIGHT	5
6 BINGO	7 LEGION RIDERS 6:30	8 TACO TUESDAY SAL REGULAR 6:30	9 WINESDAY WEDNESDAY CURBSIDE MEAL GRILLED PORK CHOP	10 DOG NIGHT LEGION REGULAR 7:00	11 FIREBALL FRIDAY MUNCHIES NIGHT	12
13 BINGO	14	15 TACO TUESDAY	16 WINESDAY WEDNESDAY CURBSIDE MEAL BURGER NIGHT	17 DOG NIGHT SOCIAL COMMITTEE 6:00	18 FIREBALL FRIDAY MUNCHIES NIGHT	19
20 BINGO	21 VFW POST MEETING 7:00	22 TACO TUESDAY	23 WINESDAY WEDNESDAY CURBSIDE MEAL STEAK NIGHT	24 DOG NIGHT 40&8	25 FIREBALL FRIDAY MUNCHIES NIGHT	26
27 BINGO	28	29 TACO TUESDAY	30 WINESDAY WEDNESDAY CURBSIDE MEAL HAM BALLS	31 DOG NIGHT		