

## National President Williamson Visits Ames



American Legion Auxiliary National President Lisa Williamson visited Ames On May 20 for a dinner hosted by the Ames Unit.

President Williamson was on the third day of a tour of Iowa visiting the Iowa Veterans Home, the Gold Star Museum and the Iowa Veterans Cemetery along with other units.



President Lisa spoke about the Legion's Be The One program to prevent veteran suicide but she also spoke about her own experience with the suicide of a good friend. That happened prior to her election as President but convinced her that suicide prevention should be part of her program if she was elected.

It has turned out that Be The One and suicide prevention came into being on the Legion side during the same time that her path to President became official, helping her not only satisfy her desire to publicize that effort

but also support the Legion's program.

President Lisa's touring group also visited Gold Star Hall and the student veterans area at ISU during their Ames stop. Unit President Jamie



arranged for veterans support group to explain Gold Star Hall and the history of the Memorial Union as well as their work to support student veterans and their families.

During his welcome to the Post, Commander Jay spoke of the Post's work to help with suicide prevention through the veterans coffee and pancake breakfasts. He also described Ron Kobeluch's work during Farmers Markets to set up a table promoting suicide awareness and Be The One.

Unit President Jamie and Riders Director Cliff told of the Wreaths Across America project each year. President Lisa is a Rider so that is of special interest to her.

During the afternoon, President Lisa was given a demonstration of the loom being used to create sleeping mats for the homeless community.

### Attention—Legionnaires and SAL Members

Have you done any community service or volunteer work in the past year? Donated Blood? Helped with a Veterans event? Worked at a senior citizen event or helped out at a school? Then we need to know about your contributions to the community and our veterans so that we can include it in our Annual Report to the Department, which will in turn be used as an input to the National Report that is required to be delivered to

Congress each year. We know that we make an impact in the Ames Community - let's tell everyone how much of an impact that we make. Please provide any inputs that you have by June 10<sup>th</sup> to the Post Adjutant by e-mail at [dmac-crea@gmail.com](mailto:dmac-crea@gmail.com) or by text to 515-450-0773. You can also drop your input at the Post. Thank you in advance for your support in helping put this report together

#### Inside this issue:

Post Commander	2
Unit President	2
Squadron Commander	2
Clubroom Events	3
Nominating Committees	3
Legion Riders	3
GOV Award & Email	3

## Post Commander Jay's Comments

Greetings! Hopefully everyone had a good Memorial Day weekend and you were able to get out to Ames Municipal Cemetery for the Memorial Day Program sponsored by the Ames Patriotic Council. Now on with the rest of the summer.

I would like to personally thank Auxiliary Unit President Jamie Barker and the Unit members for the program they put on for the National Auxiliary President's visit. I think National President Williamson will long remember her visit to Ames Post #37. Well done!

I would also like to thank Cliff Barker for his efforts in getting the Ames American Legion involved in presenting the colors at Ames High School Baseball games. This will definitely help in our community outreach efforts.

June brings us a new slate of officers for 2024-2025. I am not on the slate and will be stepping down as Commander. You will find the new slate of

officers elsewhere in the newsletter.

With the start of the weekly Ames Farmers Market, Ron Kobeluch is once again manning his post in front of the Legion to get the word out about veteran suicide and offer anyone interested information and points of contact to help in preventing veterans suicide.

Last year Ron collected ten names of friends and/or loved ones who committed suicide in his memorial book. Already this year he's collected two additional names. We were able to honor all those people during our Memorial Ceremony in May.

You've heard of Blue and Gold Star families, a White Star family is one that has lost a veteran family member to suicide. Remember to Be the One to ask, listen, and react if someone reaches out for help.

Finally, you are all invited to a birthday party. My wife Barb turns 70 on June

9<sup>th</sup>. I am planning a birthday celebration on Saturday, June 8<sup>th</sup> from 3-5 PM at the Legion. Feel free to stop in, have something to eat and a piece of cake and wish Barb a Happy Birthday!

For those interested, I'm working on putting together a bus trip to see the Kansas City Royals play the Minnesota Twins on Sunday, September 8<sup>th</sup> @ 1:10 PM. We would be leaving Ames @ 8:00 AM and will arrive at the stadium at 12:15 PM. It will be a 60 passenger bus and I'd like to fill it up. I'm not sure of the total cost yet, but the bus ride will be around \$65 round trip.

I'm currently working with the Royals on tickets. I will put a sign-up sheet in the club room, please sign-up if you're interested in going or you can email me at [jj\\_sisco@yahoo.com](mailto:jj_sisco@yahoo.com). This is not sponsored by the Legion, this is just a social trip for Legion Family members and their family. Beer is allowed on the bus, but only in cans.

## Unit President Jamie's Comments

Summer Greetings! I must begin this article with Gratitude to everyone who came to National President Lisa's dinner, those who helped on cleaning day, set up of our room, bake desserts, prep dessert and veggie plates, serve food and clean up afterwards. But I must give an overwhelming appreciation to Jodi Looft for cooking dinner for us. It was all delicious and much appreciated. Thank you all!! I overheard President Lisa say, "oh, look how nice this looks!". A very heartfelt thank you to everyone who helped make this event happen. Using our special Auxiliary dishes was a real treat!

We also held our Joint Memorial Service and new this year we included reading of names of veterans who died by suicide. Some of the family members who stopped and talked to Ron Kobeluch during his time outside the

post on Saturday mornings, wrote their loved ones name in a book. We included those names as part of the service to now include "[White Star Families](#)". As we remember them, we have to also remember to consciously Be The One. Trainings are available online right here: <https://www.legion.org/betheone> [Flag Day](#) is June 14<sup>th</sup>. If you have a worn flag, please remember to replace it. Let's honor the Red, White and Blue and fly them proudly! Maybe you can teach a youngster the [pledge of allegiance](#)! Or listen while they recite it to you! Years ago, I noticed my grandson using his left hand during the National Anthem and it was a nice opportunity to talk about our flag and some etiquette.

In our May meeting, we received copies of the updated bylaws for our unit. Let us know if you'd like a new copy and we can send them electronically or get you

a hard copy.

June is also a month of education opportunities for our youth. June 2<sup>nd</sup> -7<sup>th</sup> is Junior Camp at the Christian Conference Center in Newton and we have sponsored 3 junior members from our Unit. The Juniors Department Convention will be held on Friday of camp week and Juniors don't have to have attended camp to attend the convention. Also, we have Girls State from June 16-21 at Drake University in Des Moines. Our unit is sending two citizens and we wish them the best of luck as they run for their offices and positions!

Be safe and weather aware as we move into our summer months. We hope to have you join us for our monthly meetings on the first Tuesday at 6:30pm. The more input we get, the better an organization we can become! Your voice matters.

## Squadron Commander Cort's Comments

The summer months are upon us and that means a slight slow down in squadron activities. But that is kind of by design as summer means a lot of family and personal activities for our members.

In May, your squadron learned that its membership goal is currently at 103%. I'm very encouraged by our strong membership footing. We of course always welcome even more new members, so please get the word out. Per-

haps you have new family members who are eligible to join. I signed up my grandson this year and a young man from our air rifle club recently joined. It would be pretty special to hit the 105% of goal mark with a few more new memberships.

It is the squadron's turn to name the recipient of June's 50/50 Raffle proceeds. Money will go towards grave markers at the Ames Cemetery. Over the years, the original markers have

had it kind of hard, especially from lawn mowers. I'm grateful we have proceeds like that to help with such a worthy cause.

At our June meeting we will elect new Squadron Officers for the coming year. Please consider attending and even throwing in your hat to be considered for an officer position. It's not too late! I'm grateful for what our squadron has accomplished this past year and look forward to great things ahead.

## Clubroom News

We are so excited for the warmer weather and the fact that Summer is almost here. We will still have some of great weekly specials going on throughout the Summer so please stop in and join us.

We have a lot of people to thank for taking time out of their weekend to help clean and get the clubroom and meeting room ready for the National President. Jamie Barker, Cliff Barker, Mike Deacon, Pat and Lisa Volk, Sharon and Bob Bellinghausen, Linda Henderson, Cara Fila, Jay and Barb Sisco, Ricardo Castrodad, Doug MacCrea, Jodi Mann and Greg Hobbs. Thank you so much for all your hard work. The place looked great and we really appreciate your hard work.

**Curbside Meals**-please check the Facebook page and the weekly updates for our full menu each week

Wed. June 5-Steak Night  
 Wed. June 12-Burger Night  
 Wed. June 19-Creamy Tuscan Chicken  
 Wed. June 26-Grilled Pork Chops  
 These meals are available for pickup or dine-in from 5-6:30pm. Call anytime after 2pm to order.



Kudos-Thanks to all who helped out over the last month to make everything happen around the clubroom. It is greatly appreciated.

Tom Fowler, Russ and Vicki Belz, Paul Madsen, Megan McEnany, Sandy Deacon, Mike Deacon, Marty Kelly, Greg Hobbs, Ken Woodley, Bill Donovan, Julie Rinard, Colten Christensen, Gary Freel and Rodger VanVoorhis

## Post & Unit Officer Nominations & Elections

Election of officers for the Post, Unit and Squadron will be held at their June meetings. The reports from the Post and Unit nominating committees. For the Post, the number of Executive Board members is determined from the Post membership. If the final Post membership is 451 or above, we will elect five to that board otherwise it will be four. There is no preference in the order in which the nominees are listed.

There will be a joint installation of the newly elected Post, Unit and Squadron officers at a joint meeting on Monday July 8.

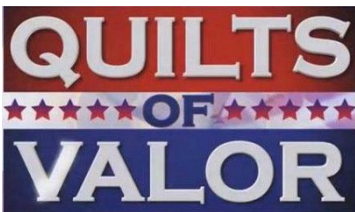
### Nominees for Post Officer Positions

Commander	Cliff Barker	Historian	Ricardo Castrodad
1st Vice Commander	Dave Rehbein	Service Officer	Doug Sargent
2nd Vice Commander	John Baldwin	Sergeant @ Arms	Chris McClure
Adjutant	Doug MacCrea	Executive Board	Derek Kraayenbrink
Finance Officer	Randy Freel	Keven Brace	Randy Breyfogle
Chaplain	Rickey Thompson	Jennifer Rehbein	Bob Bellinghausen

### Nominees for Unit Officer Positions

President: Jamie Barker	Historian: Becky Lundy
1 <sup>st</sup> Vice President: Jodi Mann	Sgt. At Arms: Jay Sisco
2 <sup>nd</sup> Vice President: Linda Henderson	Executive Board: Kathy MacCrea
Secretary: Sandy Deacon	Sharon Bellinghausen Sharon Mott
Treasurer: Ann Rehbein	Marilyn Nervig Janet Schmidt
Chaplain: Keri Guy	

## Ed Mann Awarded Quilt of Valor



During National President Lisa's visit, Ed Mann was awarded a Quilt of Valor for his service. Ed served in the US Army with service in Saudi Arabia during the Gulf War, Korea (twice) Germany, Belgium and Turkey as well as stateside posts. He was awarded a number of medals and ribbons during his service. Congratulations Ed and thanks for your service.

## Legion Riders

May is behind us now and summer is in full swing. May was crazy for volunteer time for your Riders. Can day is still bringing in loads of cans for WAA.

We supported Randy at Zylstra's with their efforts with the Nation of Patriots tour. This year our own Bill Sharp will be the Flag bearer from Ames to Waterloo, Congratulations Bill, it's an honor you've earned my friend.

We all pitched in to help ALA President Jamie get the post ready for Natl. ALA President Lisa Williamson's visit. Mike Deacon was able to give her a ride when she arrived in Cedar Rapids, and I met her on Saturday in Maxwell at the Freedom Rock and took her to ISU to see the Gold Star Hall at the MU.

We were able to get the flowers planted at the flower garden in Ames Cemetery, just before all the storms hit.

We rode down and participated in the Pennies for Heroes event at Van Meter Cemetery as well as escorted Larry Ritland as he rode from Carrol to Ames, 99 miles, in remembrance of the 99 sailors who lost their lives on the USS Scorpion. Memorial Day saw our traditional escort to honor our veterans that are buried in the Ames Community.

June 1 will have us ride to the Freedom Rock in Menlo. If you'd like to join us by car, bike, or pony, meet us at the Zylstra parking lot for a 10am kickstands up. June 22nd is the 6th District Legacy Ride to benefit the Veterans and Childrens Foundation at national convention. If you'd like to help or to donate reach out to my self or any of your Legion Riders.

We couldn't do what we do without your help.

As always Ride safe, and ride often.

Cliff Barker  
 Chapter 37 Director.

## Advantages to E-mail



We have talked about this before, how you can save the Legion family money by getting your newsletter by email rather than the Post Office. That is important but it is not the only reason to let us use your email address.

Have you ever wondered what the menu was this Wednesday or what was going on at the Post this week? We publish a weekly email alert that contains that information. Just send your address to davidrehbein@msn.com and we will get you added to the list.

AMERICAN LEGION POST NO. 37

225 Main Street

Ames, IA 50010

RETURN SERVICE REQUESTED

NON PROFIT ORG
US POSTAGE
PAID
Permit 147
Ames, IA

# JUNE

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
YOUTH AIR RIFLE 1-3 AT IZAAK WALTON		 Find us on Facebook at <b>American Legion Family of Ames, IA Post 37</b>				1
2 BINGO	3 WREATHS ACROSS AMERICA 5:30  LEGION RIDERS 6:30	4 TACO TUESDAY  AUXILIARY REGULAR 6:30	5 WINESDAY WEDNESDAY  CURBSIDE MEAL STEAK NIGHT	6 \$2 DOG NIGHT  OPERATIONS COMMITTEE 6:00	7 FIREBALL FRIDAY  MUNCHIES NIGHT	8
9 BINGO	10	11 TACO TUESDAY  SAL REGULAR 6:30	12 WINESDAY WEDNESDAY  CURBSIDE MEAL BURGER NIGHT	13 \$2 DOG NIGHT  LEGION REGULAR 7:00	14 FIREBALL FRIDAY  MUNCHIES NIGHT	15
16 BINGO	17  VFW POST MEETING 7:00	18 TACO TUESDAY	19 WINESDAY WEDNESDAY  CURBSIDE MEAL TUSCAN CHICKEN	20 \$2 DOG NIGHT  SOCIAL COMMITTEE 6:00	21 FIREBALL FRIDAY  MUNCHIES NIGHT	22
23 BINGO  30 BINGO	24	25 TACO TUESDAY	26 WINESDAY WEDNESDAY  CURBSIDE MEAL PORK CHOP	27 \$2 DOG NIGHT  40&8	28 FIREBALL FRIDAY SALAD & SOUP BAR 5:00-6:30 MUSIC BINGO 7:00-9:00	29