

Year End Message from Department Commander Stan

With my year as Department Commander coming to a close I want all of our Ames American Legion Family members to know how much I appreciated your support.

This journey started several years ago and would not be possible without the mentoring and words of encouragement from all of you. I used our Ames Family as an example on numerous occasions as I visited around the state on how we should all work together to accomplish our goals and Ames does a fantastic job of this.

We finished our membership year looking great with



the Ames Post and Squadron both at or over 100%.

We are starting a new leadership year with Jamie in again as Auxiliary President and Cort as Squadron Com-

mander. Both of these individuals did an outstanding job last year and need continued support to help them have a successful second term.

Our new Post Commander, Cliff Barker, stated at the installation he wants to make meetings fun to attend and will help get members involved. What does my future hold, not sure, but there are opportunities everywhere you look in the American Legion at all levels. I need to figure out which of those I want to pursue. Again, thanks for your support and remember my motto, Devotion to Mutual Helpfulness. Stanley Elliott

JSSP Air Rifle Club Update



Last air rifle season we had 17 youth involved. The Ames Izaak Walton League provides their indoor range for practice. However, with 17 kids involved, we were really cramped using their 5 shooting bays in the clubhouse basement. But there is good news! The Ames Ike's has agreed to allow us to use the upstairs of

their clubhouse, increasing our capacity to 10 shooting stations. This also opens up opportunity to host in person air rifle matches now that we can accommodate more shooters on the line.

Our air rifle season will be starting with a season kick off meeting the first Sunday after Labor Day. The program is open to youth ages 12 to 18. E-mail Coach Cort Pahl at centralio-wajssp@gmail.com if you have any questions!

Updates from Department Convention

Unit President Jamie Barker and Post Commander Cliff Barker were installed as Sixth District President and Sixth District Vice-Commander.

The Ames Post Newsletter was awarded first place in the category for electronic newsletters.

The Legion Riders led by Riders director Cliff Barker raised over \$20,000 in the Legacy run to be presented at National Convention.

American Legion Auxiliary Programs Workshops are scheduled for the Department on August 3 in Waukee and the Sixth District on August 10 in Ames. Registration for the Department can be done at <https://checkout.square.site/buy/TVGdVO5ZXBLc7GJ4JNNXO2N3>.

Sixth District Conference will be October 5 in Pleasantville.

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Post Commander Cliff's Comments

Well hello, and welcome to the 2024-25 edition of the Ames American Legion. As your new Post Commander I've spent a lot of time trying to decide what I would say in my first column now that I'm writing "above the fold". Let me start with a humble Thank You. I also want to wish our past commander of three years, Jay Sisco, all the best and send him a separate thank you for entrusting me with the keys to a very special place. That place is the Ames Legion Post 37.

Being nominated and elected as the Commander of the Ames Post is an honor. It is not something I take lightly, and I certainly want to succeed at it. I have learned since my arrival in Ames in 2013 that there is a lot of history inside the walls of 225 Main Street. I've done my best to learn the stories, meet the legends, and become an active member and full supporter of what I feel is the best Veterans organization in the world. From the HQ in Des Moines, down to the post level, the dedication of the Legion towards helping our veterans and their families fills me with pride and the encouragement that one by one, we can make a difference in someone's life.

Now let me provide some of my own history for a moment to fill in some blanks about me. I served in the IANG

from 1984-1987, serving with several of you at the 1064th Transportation Company in Boone before relocating to Florida. I first became active in the Legion in 2002 at a small town post, #1271, in Sugar Grove, IL. eventually chartering an SAL Squadron in 2010, before I relocated to Ames in 2013. I joined the Ames Riders in early 2014, and became Riders Director in 2018. Since then I've been a member of the Ames Post Exec Board, held several positions at the District and Detachment level, and served as Department Riders Chairman, all before I felt I was qualified enough to potentially become the Commander at Ames Post 37.

With the mentorship of many of the past officers of the Post, I've decided to set lofty goals for myself. Membership and Renewals are typically the first goals established by a new commander. I believe those to be crucially important. Members are what keep the organization alive. However just as crucial though, is instilling an excitement for those members to participate. It's the excitement of being part of something bigger than ourselves, watching it grow, and then building upon it that is what will both attract new members to join, and encourage our existing members to join in. Becoming active in our community will bring opportunities for everyone to be able to make their mark and find

what they enjoy. This isn't something I can mandate, nor is it something I can do alone. However I am willing to roll up my sleeves and work right alongside the rest of you to build Ames Post 37 into something we are all proud to be part of.

Do I think I have all the answers? No, of course not, but I do have the will to try new ideas, to improve on existing processes, and make being part of the Ames American Legion something each of you will be excited about as well. I'll promise to listen to both your ideas and your feedback. I will make "For the good of the Legion" the direction I intend to lead. I'll share information about Post, County, District, and Department happenings, and if you have a question, ask me. If I don't know, we will find the answer.

Today, in my first column, I'll invite each of you to consider this one question that was first asked of me by the Legion National Commander, Dan Seehafer. He asked, "Why are you here?", and I'll ask you all to reflect on that one yourselves. Of all the organizations to be part of, what brought YOU to the American Legion, and what KEEPS you here. Find your "why", remember your "why", and make that the heading on your compass, and together lets take Ames American Legion Post 37 to the top.



The photo to the left is from the installation ceremony on July 8, Commander Cliff Barker, President Jamie Barker and Commander Cort Pahl received their oath of office that night. Department Commander Stan Elliott and Past Department President

Legion Family Activities

Department President Sandy Deacon performed the ceremony.

Those to the right and on the next page were taken during the July 4 parade and also show the group who created the float for the parade



Unit President Jamie's Comments

July seems to have gone by too quickly! We participated in the Fourth of July parade, the grill was going outside with great burgers and hotdogs, and summer was in full swing. Many thanks to several of the family members that helped decorate the float, distributed candy during the parade, cooked on the grill outside the post, and patriotism was certainly in the air! Department Convention was a flurry of networking opportunities and the installation of new officers. Now (Past) Department President, Mary Sypherd finished with her Convention and handed the gavel to Newly installed Department President Verilinda Prior who unveiled her projects and slogan for her year, "Iowa's Many Hands of Service". I will have her pins available for purchase (\$4) so just let me know if you'd like one. President Verilinda's projects include Wreaths Across America and Quilts of

Valor. It was exciting to hear all the good things the units have done across the state and of course this means our attendees will have some new ideas to share!

This month, the **Auxiliary invites all Post Family Members** to attend the beginning portion of our meeting on August 6 (6:30) as we have Boys and Girls Club leadership coming to talk to us and we will present them some school supplies and a donation to support a few children's attendance fees. Please keep donating to our "Give 10 to Education" box in the clubroom. We will also hear from our Girl's State Citizens and they sure have some great things to tell us, but I'll let them share that information.

We are now collecting membership for the 2024-2025 year and I've been challenged by a certain past president who made 100%

membership during their District President year, so friends, please help me! Pay your dues as soon as you can, because not only do I want to make the 100%, but I've got to beat her (ahem, initials might be A.R.) but also before the date that she did!

Once again, I'd like to thank you for your trust and support as we continue to find ways to support our military, our veterans and our community. It takes all of us and I appreciate every one of you. See you at the post soon and remember to continue to Be the One. Keep your eyes and ears open for signs of distress or something that feels "off". If you don't know what to do, talk to them. Keep talking to them. Know the signs and help end the stigma of mental health. Here is a link to more information, resources etc. <https://www.legion.org/betheone/about>

Clubroom News

Hello August! This summer has just seemed to fly by and school will be starting back up before we know it. I am writing you this article while I sit on the balcony and look at the beautiful scenery of Alaska. It is so beautiful here. I would like to thank again all the people who made it possible for me to be here and cover for me in the clubroom. Thank you to all of you who made this possible for me.

We had a successful grill out for the 4th of July. Thanks to all who made that possible or stopped by for some food. The weather was beautiful and it was a great day!

We have a couple new faces in the clubroom so if you have not met Eleanor or Hannah please stop in and say hi!

Here is this month's Curbside menu:

Check out our weekly email updates and our Facebook page for menu updates.

Wed Aug 7-Steak Night

Wed Aug 14-Lasagna

Wed Aug 21-Scalloped Potatoes and Ham

Wed Aug 28-Tex Mex Night



Thanks to everyone that volunteered this last month.

Tom Fowler, Russ and Vicki Belz, Julie Rinard, Bill Donovan, Addison Donovan, Marty and Jo Kelly, Rodger VanVoorhis, Colten Christiansen, Jamie Barker, Mike and Sandy Deacon, Ken Woodley



Squadron Commander Cort's Comments

I'm so proud of the SAL. Nationally, the Sons set a new all-time membership record at 390,343. For the state of Iowa, we achieved 105.51% of goal. Ames came in just shy of the 105% level. Just a few more memberships and we would have had it. This kind of growth reinforces to me the value and importance that our SAL brings to our city, state and nation. SAL members make a huge difference!

But as important as membership is, it's the devotion members have to our SAL and it's many programs that make a difference in so many lives. It's all about the outcomes that members are achieving by working for the betterment of others.

I was really able to see that commitment recently as I attended the state convention in July. A few things stood out to me just in attending the SAL's Detachment session. 1) the officers of our detachment take their jobs very seriously. I'm grateful for all of the time and effort they put in to make the detachment the best it can be. 2) they are committed to every Squadron in our state, and loyal to the detachment, its bylaws and the American Legion. 3) I'm very encouraged by those who recently stepped up to take on new leadership roles in our detachment for the coming SAL year. It's hard work and, for some, uncharted territory as they take on new roles.

Legion Riders

On the heels of Department convention there's so much to share not only about your Riders, but the Iowa Riders as well. First of I want to congratulate our own Bill Sharp for being chosen as the escort for one leg of the Nation of patriots flag tour. Bill has a terrific military career behind him, and we're proud of his being selected. Thank you for your service Bill, good job.

Your Riders represented the Ames post in fine form as is usually the case. Jamie, while also our Unit President is now the 6th District President for the ALA. Congratulations Jamie. Your Ames Riders hold positions from the Post to the District and some have held Department or National office. There was a focus on family this weekend as well as the inclusion of the Riders in all levels of service. An Ames Rider Supporting member, Brian Ring, was elected as Department Commander, and Brian is following another Ames Supporting Rider member in that position, our own legionnaire and SAL member, Mr. Stan Elliot. Stan had a terrific year, and we're looking for the same from Commander Ring.

Several Ames Riders took an afternoon to team up with other Riders from around the state to escort the American Legion IndyCar to Iowa Speedway last month. Traveling the last 60 miles, Riders demonstrated how important it is to be out and actively supporting the organization we believe in. Randy Johns took us on a dinner rider to Fort Dodge, where we sat and enjoyed the comradery that makes the Riders such a great team. Harmless ribbing over the kind of bike you ride to the best color of tractor was only interrupted by the concern for one of our legends. Jim Adams, a longtime Ames Rider has gone into managed care. We wish him the best and will plan a ride to go visit. We had a chance to talk at the 4th of July parade and he looks good and really enjoyed being part of the Ames Riders entry. Riding along in a jeep, he may have won the award for the "most candy thrown in the shortest time" contest, something that none of us are surprised to hear.

As always thank you for supporting the Ames Riders, if it wasn't for you, none of this would be possible.

So for August, ride safe, and ride often

Cliff Barker

Ames Riders Director.


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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				1 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	2 FIREBALL FRIDAY MUNCHIES NIGHT	3
4 BINGO	5 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	6 TACO TUESDAY AUXILIARY REGULAR 6:30	7 WINESDAY WEDNESDAY CURBSIDE MEAL STEAK NIGHT	8 \$2 DOG NIGHT LEGION REGULAR 7:00	9 FIREBALL FRIDAY MUNCHIES NIGHT	10 ALA DISTRICT WORKSHOP 9:00-11:30
11 BINGO	12	13 TACO TUESDAY SAL REGULAR 6:30	14 WINESDAY WEDNESDAY CURBSIDE MEAL LASAGNA	15 \$2 DOG NIGHT SOCIAL COMMITTEE 6:00	16 FIREBALL FRIDAY MUNCHIES NIGHT	17 WAA CAN/BOTTLE COLLECTION 9:00—11:00 am
18 BINGO	19 VFW POST MEETING 7:00	20 TACO TUESDAY	21 WINESDAY WEDNESDAY CURBSIDE MEAL SCALLOPED POTATOS & HAM	22 \$2 DOG NIGHT 40&8	23 FIREBALL FRIDAY MUSIC BINGO 7—9 PM	24
25 BINGO	26	27 TACO TUESDAY	28 WINESDAY WEDNESDAY CURBSIDE MEAL TEX-MEX	29 \$2 DOG NIGHT	30 FIREBALL FRIDAY MUNCHIES NIGHT	31
NATIONAL CONVENTION—CHECK LEGION.ORG & ALAFORVETERANS.ORG FOR LIVESTREAM						