



THE AMERICAN LEGION FAMILY



Post Commander: Cliff Barker
Unit President: Jamie Barker
Squadron Commander: Cort Pahl
Chapter Director: Cliff Barker

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Ames Legion Family In Action

Girls & Boys State (& Nation) Delegates at Meetings



Girls Staters Sadie Breyfogle (L) and Fatimah Naraghi (R) shown here with Girls State staff Rachel Breyfogle (L) and Ann Rehbein (R) spoke to the Ames members at their August Unit meeting.

Along with discussing their Girls State experience, Fatimah also spoke about Girls Nation having been one of two girls from Iowa selected for that program.

Sadie and Fatimah both campaigned to be candidates for Girls State Governor but neither was selected. They both went on to other offices and enjoyed

the week very much.

Both girls talked about the influence past Girls Staters had on their decision to apply. They also talked about the “whistle stop” campaigning during their runs for Governor, going from city to city speaking about their candidacy and asking for support.

The one memory that stood out for both is the “incredible connections, friends, and memories I made” as Fatimah said. Sadie’s comments were different but similar. She said the week “gave me a new outlook and perspective in life and a new way to connect with others.”

The Boys State delegates sponsored by the Post and Squadron also reported on their experiences at the August Post meeting.

Those delegates, both from Gilbert High School, are Na-



than Baldwin (C-L) and Tristan Limoges (C-R). In the picture are also Post Commander Cliff Barker and Boys State staff member John Baldwin.

Nathan was elected to one of the State Representative slots and interviewed for Boys Nation but was not selected. Tristan served at the city level including police and also was selected party leader for his county.

Both boys also said that their strongest memory will be the people that they spent the week with at Boys state. Both said they were looking in the junior class for next year’s applicants.

Renew Your Membership Now!!!

Like the clock says, it is time to renew your membership. There is no point in waiting, nothing will change.

Why should you renew? That is easy, It doesn’t matter if you belong to the Post, the Unit or the Squadron. We need you as a member to help with our legislative efforts

You see the difference our membership makes in your



property tax bill. Last year your exemption was about \$1500, this year it is \$4000. That is the result of our membership numbers reminding our legislators that our members are

here and they vote.

The quickest way to renew is online at [Renew \(mylegion.org\)](http://Renew(mylegion.org)). There is a link there that will take you to the renewal page for Unit and Squadron members. Don’t wait. Do it now.

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Post Commander Cliff's Comments

It's an abbreviated issue this month due to the Legacy Run and then National Convention, but some of you have seen me hanging around the post more often than usual. That's intentional. I feel for me to be the most effective Commander I can be, I need to be accessible. Some of you have taken the time to bring up questions and ideas already and that's what I'm looking for. A commander is only as successful as his post members. I've asked for input in a couple places and while I'm a little over a month in at this point, there are already plans and ideas being thought through. I can't do it alone though. Ames Legionnaires, we don't just want you involved, we need you to be involved. Come be part of the process.

Just because you don't hold an office, or a committee position there is no reason to feel you don't belong. It's your Post, help us make it the best it can be. So, I not only would like to see more of you at our monthly meetings and taking an interest not just in how the post operates, but I'm also interested in your input. If we communicate and have a welcoming atmosphere inside the Post, and we do our best to be, and remain, involved in the community, it won't be long before our membership will reflect it. My vision for the Ames American Legion and its members is for our Americanism, and Children and Youth programs to benefit not just our Post, but the citizens of the City of Ames. The Mission of the American Legion is clear,

and I think we could be a valuable resource not just to the Veterans around us, but to their families as well. If you know of a need in our community and feel the Legion can be of some help, let us know. Stop me in the post, or email me directly, I promise there will be interest in doing everything we can.

We meet the 2nd Thursday of every month at 7pm, and you don't need to be at every one of them. If you've never been, come to one meeting. If you haven't been to one lately, come back. These monthly meetings are where you find out firsthand where the biggest needs are, and what the Ames American Legion is all about. I hope to see you soon!

Unit President Jamie's Comments

August was filled with school supplies and once again, our Post family has come through with purchasing school supplies that we have donated to the Boys and Girls Club and Kate Mitchell Elementary. Many thanks for helping us serve our children and youth and our community. Together, we are an incredible resource to this community and in education/children and youth.



During the August unit meeting, we were able to present a certificate of recognition to Kathy MacCrae from Sixth District for her nomination as Unit Member of the Year. Although

Kathy wasn't selected, she has been an outstanding member contributing to a large variety of programs and tasks for our post home and our unit – always wanting to serve our veterans, recognizing their incredible value and my favorite part is that she does so with a smile on her face. Congratulations Kathy!

At that unit meeting, we also heard from Boys and Girls Club and were able to award sponsorships to 4 children for their attendance in their program along with those donated school supplies. Our next speakers that evening were our Girls State Citizens. We are very proud of them and hope you read the additional article on their visit.

We need your help to acquire and update emails and addresses for all of our Junior members so we can start having events including them. So please, send an email and phone number to Sandy Deacon so that she can update our records with this information.

Sixth District Programs Workshop was held at the Ames Unit on August 10th and we had approximately 20 people in attendance to learn how they can take ideas for the different programs back to their own units. Although we use the Department Chairmen's plans as a guide, I also used several examples from our Ames Unit. Thank you all for hard work you do as chairs and members of our unit committees.

September 13, 14, and 15 are the dates for the Des Moines Homeless Stand Down. Please consider volunteering a few hours if you can. This is an incredible way to give back to those less fortunate and we are going to be able to give away the plarn sleeping mats as well as some hygiene kits. If you are interested in helping us create the plarn mats, we will now have regular hours on Wednesdays, 3-6pm for weaving and cutting bags. We need everyone's help with this project particularly right now, so we can finish a few mats in progress before the Stand Down.

Membership can be paid now for 2025 and we are involved in several competitions so please help by paying your dues now. We are needed in our community and as the old saying goes, "many hands make light work". Please help to recruit members to our Legion family. As Department President Verlinda reminds us, please Be Kind. Be kind when you ask someone to come to the post, join a meeting or even just cross paths on a street. Everyone has their own story.

Steak Dinners Return



September sees the return of the monthly steak, ham and shrimp dinners. That first dinner for this year will be September 7 with serving starting at 5.

Decisions are still being made on the menu and the prices this year. We are sure that you have seen the increase in food prices over the last few months. Prices for our meals may need to go up because of that

or we may need to make changes in the menu.

Regardless our commitment to you is that you will receive a quality meal at the best price. Steak dinners at the Ames Post go back many, many years with many, many satisfied customers.

Join us beginning at 5PM on September 7. We guarantee that commitment will still be in force and that you will enjoy a good meal.

Clubroom News

Fall is fast approaching and with that comes football!! Come catch all the football action at the Post. The clubroom will open a half hour before game time if the Cyclones play before normal hours. Bring a munchie and share and come cheer on the Cyclones with your Legion family.

This year was the first year for us to participate in helping at the annual Rummage Rampage here in Ames. We had several members volunteer their time at this event to help raise money for the Post. Thank you to all who donated their time to help us out.

We are participating in the Downtown Music Walk on Thurs. Sept 19 from 5-8pm. Tom Box will be here playing so come on down and enjoy some great music!!

Curbside Meals:

Call the Post any time after 2pm to order and pick up behind the Post be-

tween 5-6:30pm. You may also message me your order anytime through Facebook.

Wed Sept 4-Ham Balls \$8

Wed. Sept 11-Creamy Tuscan Chicken \$8

Wed. Sept 18-Burger Night

Wed. Sept 25-Chicken and Noodles

THANK YOU



Thanks to everyone for their continued support!!

Thanks to all the great volunteers that help make the Wednesday meals

happen and help out around the clubroom: Tom Fowler, Russ and Vicki Belz, Sandy and Mike Deacon, Julie Rinard, Bill Donovan, Addison Donovan, Greg Hobbs, Rodger Van-Voorhis, Ken Woodley, Marty and Jo Kelly and Colten Christensen.

Squadron Commander Cort's Comments

With the arrival of September, I think we are entering one of the best times of year for the Sons. Summer is almost over (which is sad, I admit), but some of our best and most impactful programs become our focus for the new SAL season.

Junior Shooting Sports kicks off the first Sunday after Labor Day. I'm looking forward to some important practice facility enhancements - namely more room and more warmth during the fall and winter as the club moves from the basement of the Ames Ike's Clubhouse to the main floor! It's the simple pleasure in life that make a difference. Please reach out to me if you have any 12-18 year olds interested in trying out our air rifle program: Cort Pahl, cen-traliowajssp@gmail.com

Academic Awards is another important program the American Legion Family in Ames provides to Ames High School. It is a program we do in our community to recognize students for their academic

achievement and as a way to show our support for them and their families. Look for this to happen around the end of September/early October.

Merit Awards is another important program the Sons will begin preparing for this fall and winter. Although the deadlines for applying are not until early next year, there is a lot of work that goes into getting those applications updated and ready. We had one of our best turnouts for applications last year in recent memory — let us continue that trend.

And of course there will be the resumption of steak dinners and biscuit and gravy breakfasts, among other things. So as you can see, there are lots of opportunities for you to contribute your time and talents for the sake of your Squadron. If it has been awhile since you last attended a Sons meeting, please come on out and lend us your talents for the betterment of our Squadron and community!

Story County & Sixth District Legion Family to Meet

The Story County American Legion and American Legion Auxiliary will meet on September 19 at the American Legion post in McCallsburg. Both meetings will begin at 7PM with lunch to follow.

This meeting is part of the preparation for the Sixth District meeting that will be held in Pleasantville on October 5. The

Sixth District includes Story, Dallas, Polk, Madison, Warren and Marion counties. The District meeting will start at 9AM.

Both meetings offer a chance to meet Legion family members from other posts and learn about activities outside Ames.

Legion Riders

Happy summer everyone! As I write this, several of your Riders are packing and getting ready to meet up with over a dozen other Riders from Iowa and ride to Independence, Missouri to start the Legacy Run. Several others are packing their bags, and our bags, and will meet us at National Convention in New Orleans. So, as I wind down my tenure of your Riders Director I want to look back on some of the things we've done over the years. Events like Wreath Day in December are new and exciting, and I love to see the same faces year after year braving the weather with us. Legacy Rides and Toy Runs all fill a need and we are happy to help.

One though, remains the most special. We just passed the 5 year anniversary of the most honorable ride that I've done. On August 1st, 2019 your Ames Riders and Riders from all around the area gathered at the DSM airport to bring home one of our own. Cpl. Ralph Bennett was escorted home to his family and laid to rest in the long empty grave site after being an unidentified soldier and listed as missing in action since June 13, 1944. At the time that his remains were identified there were still over 72 thousand unaccounted for soldiers and sailors from WWII. It was there, in Ames Cemetery on a sunny August day that we stood a proud salute, and through our own misty eyes we watched a family find closure.

We enjoy what we do, don't get me wrong. But there are times where the enjoyment is tempered by a sense of duty, honor, and respect. Those times are the times that stick with me the most.



We received a \$2140 donation from Ames Ford to help replace the missing bronze markers on veterans graves in the Ames Municipal Cemetery. Ames Ford representa-

tive and Post member Denny Krogh presented the check to Director Cliff. We can't thank them enough for their help.

Enjoy the last few months of the year everyone, watch the calendar for upcoming events, and be sure to support your American Legion. All of us are here for a reason, sometimes that reason is just to remember.

As always, ride often, and ride safe.

AMERICAN LEGION POST NO. 37


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SEPTEMBER

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 BINGO	2 LABOR DAY	3 TOASTED CHEESE & SOUP AUXILIARY REGULAR 6:30	4 WINESDAY WEDNESDAY CURBSIDE MEAL HAM BALLS	5 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	6 FIREBALL FRIDAY MUNCHIES NIGHT	7 STEAK DINNER 5:00—7:00
8 YOUTH AIR RIFLE ORGANIZATIONAL IZAAK WALTON BINGO	9 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	10 TACO TUESDAY SAL REGULAR 6:30	11 WINESDAY WEDNESDAY CURBSIDE MEAL CREAMY TUS-CAN CHICKEN	12 \$2 DOG NIGHT LEGION REGULAR 7:00	13 FIREBALL FRIDAY MUNCHIES NIGHT	14
15 BINGO	16 VFW POST MEETING 7:00	17 TACO TUESDAY	18 WINESDAY WEDNESDAY CURBSIDE MEAL BURGER NIGHT	19 \$2 DOG NIGHT MUSIC WALK 5—8 PM STORY COUNTY 7:00	20 FIREBALL FRIDAY CAN & BOTTLE COLLECTION 9-11 MUNCHIES NIGHT	21 PAST PRESIDENT'S PARLEY 10:00
22 VETERANS ART EXHIBIT 10-4 BINGO	23	24 TACO TUESDAY	25 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN & NOODLES	26 \$2 DOG NIGHT 40&8	27 FIREBALL FRIDAY MUSIC BINGO 7—9 PM	28
29 BINGO	30	31 TACO TUESDAY	 Find us on Facebook at American Legion Family of Ames, IA Post 37			