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Unit President: Jamie Barker
Squadron Commander: Cort Pahl
Chapter Director: Doug Sargent

Vol XLIV, No 5

January 2025

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 www.iowaala.org
 www.ialegion.org/riders

www.legion.org
 www.alaforveterans.org
 www.sal.legion.org

Ames Legion Family In Action

Day of Service

The Ames Unit will be hosting a Day of Service on February 1, 2025.

February 1, 2025 marks the 11th Anniversary of National Sew Day for the Quilts of Valor Foundation. The Ames Unit will be hosting a sew day to mark this occasion and to gather together to further the mission of QOVF- to honor and cover every veteran with a comforting and healing Quilt of Valor.

So bring your sewing machine and whatever else you need – some fabric and patterns will be provided. You don't have to know how to sew, there are many other "tasks" that you can participate in.

We will also be working with plarn. Plarn is plastic bags cut into strips and woven into mats. These mats are distributed at the veterans standown each year in Des Moines.

Learning how to make poppies is on the agenda also. If you have other veteran related projects you wish to work on, that is fine too.

Coming together as a community to learn and share is the important part of this day. All are invited to join us and we hope to see many of our friends from throughout the state.

Saturday, February 1, 2025, 9 am-3 pm. 225 Main St, Ames, IA. Snacks are always welcome! Contact Ann Rehbein for more information. amrehbein@msn.com

Iowa American Legion To Capitol

Department Commander Brian Ring will lead the Iowa Legion family to the State Capitol on January 22. Vendor tables will open at 9 with the program to begin at 10. The real work of the day will start after the program when Legionnaires will meet with their Senator and Representative to discuss issues of concern to the Legion.



Iowa's veterans and our county veterans service officers.

2. Veterans' Treatment Courts

The American Legion urges the State of Iowa to establish and expand Veterans' Treatment Courts. Veterans' Treatment Courts are hybrid Drug Courts and Mental Health Courts and have evolved out of the growing need for a treatment court model designed specifically for justice-involved veterans to maximize efficiency and economize resources. Grouping veterans into a specific court docket significantly expedites access to veteran-specific resources, including benefits and treatment earned through military service, and provides options for treatment as opposed to incarceration.

There are three issues to be discussed this year.

1. Funding for Veterans Service Organizations Representing Veterans with the Veterans Benefits Administration

The American Legion supports providing an annual appropriation to support the operation of the Service Offices of the nationally accredited Veterans Service Organizations (VSO). VSO Service Offices provide claims assistance to veterans seeking benefits from the Veterans Benefits Administration. It has become more difficult for the VSOs to provide the needed level of assistance to veterans with claims for compensation from the VA due to reduced revenue of the organizations and the increasing number of claims for VA benefits. The appropriation in the form of matching grants would be used to increase the number of professional service officers supporting

3. Military Homeownership Assistance Program

The Military Homeownership Assistance Program is one of the most attractive benefits within Home Base Iowa's arsenal aimed at the recruitment of out of state veterans. The American Legion supports increased funding for the Military Homeownership Assistance Program to make the program available throughout the entire fiscal year

Contacting Your Legislators

The column above talks about the Legion's legislative priorities this year and the January 22 Veterans Day on the Hill event.

You don't have to wait until January 22 to contact your Senator or Representative. You can do that as soon as or even before the legislative session starts.

How do you know how to find them. Or even who they are. Yes we know that sounds strange but there are Iowans that do not know their legislators.

To find who they are go to www.legis.iowa.gov/legislators

and click on Find Your Legislator.

That will take you to the page to enter your address which will identify your legislators and give you contact information particularly email addresses.

You can use that email address to send them the Legion priority list from above. Even if you are planning to go on January 22, send them that list in advance so they know what you want to discuss. Your opinions matter.

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Post Commander Cliff's Comments

First, I promised to say this, "Go Navy!" I will admit it, Army showed up and they just got flat beaten. But it was still a good game and great time. So Happy New Year everyone! 2024 is behind us leaving a mix of excitement, success, and challenges. 2025 is just ahead and with it bringing a certain excitement of its own by just not knowing what's in store.

Before I get too far I would like to give a hat tip to everyone who stepped up in the month of December. If someone had said "Let's do all 4 of the biggest events of the season on one day" they'd have been laughed out of the meeting. But there we were, each of the 4 families holding their events on one day. The day was December 14th. So, congratulations to the SAL for a terrific breakfast, the Auxiliary for selling ALL

of the cookies, the Riders for another memorable Wreath Day, and the Post for hosting the Watch Party for the Army - Navy game.

I know each event had its behind-the-scenes complications, but each of us stuck to the tasks at hand and made it a day I won't soon forget. It's no surprise that the Ames Post, working as a team, was able to make it all happen. We have so many dedicated members, I really believe there's nothing we can't do. No, we won't be doing that again anytime soon, but I know we could.

A couple of months ago we saw a change in command as Jay stepped away. You saw Jay's comments in the last newsletter, and I would like him to know the Ames Post is beyond grateful for the time he spent as Commander, and that we wish him the best. Deci-

sions like his are never easy, and he knows he has the respect and support of the Ames Legion Family, always.

Looking ahead, We are asking for ideas on how to become more involved in the community. Not just by fundraising, but actually being part of the Ames community. We are reaching out to our members that have not paid their dues, and I've heard some interesting reasons why not. The one question that struck me the most was "What really do you do, and why should I renew?" So, let's work on that. If you see a function or event where you think we should have a presence, or can help, let me know. It will take all of us to succeed, and I have no doubt that 2025 will bring a positive change in how the American Legion in Ames is seen publicly and with our membership. For God and Country.

Unit President Jamie's Comments

Happy New Year everyone! What a great year we have had, and we are keeping it going! We were able to finish fulfilling the wish list for a family of 5 and that warms the heart to see how many of our legion family participated in selecting tags and purchasing gifts for our veteran family who have some unique needs this year. They have had medical issues and plumbing issues that include their bath and kitchen and so many people really stepped up to help with those specific areas as well as making their Christmas bright. We are an outstanding Legion family and I thank you all from the bottom of my heart. In addition to our giving tree, many of us participated in the very successful fundraisers of the cookie fair

and SAL breakfast. The ALR Wreaths Across America ceremony and wreath laying was also held and then the Army/ Navy watch game with the pork loin contest was a lot of fun too. Saying thank you doesn't seem to be enough, but again, I say Thank You!

As we move into January, I want to remind our auxiliary and even young SAL members that [Mission Training](#) is coming up on January 25th. This is a one-day training and junior meeting which will include young SAL members this year. It will be held in Des Moines, so it is very convenient for us to attend. And, speaking of training, our District Conference will be held April 26th, so please mark your calendars and plan to attend. As your district president, I also

like to add a training element to the conference in addition to the business meeting and I have an idea, but would welcome others, so if you have a subject that you would like to learn more about, please let me know!

Keep strong during our cold months and remember to check in on our friends we haven't seen around. There are many members who don't make it to meetings but would appreciate a call just to say hello. If you haven't been to a meeting lately, please consider joining us the first Tuesday of the month at 6:30. Together, we can all help support our veterans and fresh ideas help keep us growing!

Squadron Commander Cort's Comments

Happy New Year, fellow Squadron mates! As we say "so long" to 2024, we look forward to the opportunities that 2025 offers our Squadron and our entire Legion Family. I'm very grateful for the many valuable contributions from our newest members as well as our "long-timers", whether it was helping out at our many events or helping run our Squadron.

In December our Squadron hosted a biscuits and gravy breakfast in conjunction with the Auxiliary's Christmas bake sale. The morning started off slow due to very unpleasant weather conditions — i.e. freezing rain. As the weather improved more of our usual customers started to trickle in. Around 10am, a large contingent of Legion Riders ar-

rived, fresh from setting up for that day's Wreath Laying ceremony at the Ames Cemetery. All in all, a great day for our Legion Family, who showed grit and determination in the face of less than ideal conditions.

Merit Award applications are still being accepted until February 28. Pick up an application at the Post or on the Post's website. The application explains eligibility requirements. Tell your friends and family.

Since it is now January, those who have not paid your membership dues are now considered delinquent. But it is not too late! Please renew now! As a part of the Ames Legion Family we value your membership, but more im-

portantly as a Squadron your membership adds to our collective ability to carry out the Programs we support throughout Ames and Central Iowa. Your membership to the SAL can be renewed by responding to your renewal notice, online or at the Post. It doesn't get any easier than that.

If you haven't been in the habit of attending our monthly SAL meeting (2nd Tuesday of the month), please give it a visit. The Squadron has a lot going on, with many opportunities for you to make a difference. One immediate need we have is a position to fill on our Executive Committee. We would love to have more members attend and contribute their leadership talents.

Clubroom News

Happy New Year to all!! We hope that everyone had a joyous Holiday season. December was very busy in the Clubroom and we loved seeing all the faces throughout the month. Thank you to everyone that continues to support us. We hope to make 2024 a great one!

Bring it on!!! We want you to bring down your very best chili for our **Annual Chili Cook-off**. You may drop off your chili on the 31st or the morning of the 1st. We also encourage those not competing to bring a snack to share. There are prizes for first, second, and third place. As a bonus, the winner has bragging rights all year long. Of course, all are welcome to come in and sample all the delicious entries and watch some football. Please have your chili here by 1pm.

Don't forget that the post is the ultimate place to enjoy all your favorite sports events. Come join us and cheer on your team with us!

Curbside Meals

Wed Jan 1-No Meal Scheduled

Wed. Jan 8-Hot Beef

Wed. Jan 15-Chicken and Noodles

Wed. Jan 22-Scalloped Potatoes and Ham

Wed. Jan 29-Creamy Tuscan Chicken

Friday, January 24-Music Bingo-7-9pm-
Join us for what it sure to be a night of fun!

THANK YOU



Thanks to all that made the events happen this month and for a very fun and festive clubroom Christmas party. Ken

Woodley, Mike Deacon, Sandy Deacon, Tom Fowler, Julie Rinard, Bill Donovan, Addison Donovan, Russ and Vicki Belz, Tom Hadaway, Gary Freel, Marty Kelly and Colten Christiansen

Business Update from Commander Cliff

When I came in as Commander I made a couple requests, and I want to thank the membership for taking them as they were meant to be. I see members wiping up spills, sweeping up popcorn, and keeping the post in a state where it's nice to come into. Thank you.

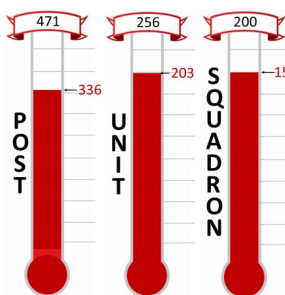
The language situation is better. I and others can see respect returning not just to a building, but the home of the Ames American Legion Family. When it comes to respect though I would like to touch on one thing. Each of us is a volunteer in an organization founded on supporting our Veterans, that one point is never far from my mind. The Ames American Legion is a business, though, and some people are employees. I'm specifically speaking of the Operations and Canteen staff.

Just like any other business, the Canteen staff will only do it if it's enjoyable and worthwhile. They need our support,

there's no question, but what they don't need are a hundred managers. I know a lot of you were officers in the Ames Post in the past, I respect that, and I'm asking that you respect the process that we have in place. If there is a problem with how you feel the Canteen or the Post is being managed, don't take it upon yourself to be the one responsible for correcting it. The Staff can no more change things than someone off the street.

I'll go so far as to say this, Jodi and her staff are as important to the success of the post as anyone. Please do not take it upon yourself to tell them how to do their jobs. If there are comments or issues that require attention, I ask that you bring it to me. The buck stops right here. You may not always like the answer, mostly because there are usually reasons why something is done a certain way, but I promise I will listen.

Membership—Have you Renewed



Our membership work continues. As you can see, the Unit and Squadron are ahead of the Post right now. The Post membership will work to change that. It is our belief that the Post, Unit and Squadron can all reach their membership goals this year.

You can save the membership team some work and renew now online. Go to www.legion.org and click on the red button labeled RENEW at the top right. From there you can renew your membership in the Legion, Auxiliary or Sons. We want you to stay with us, renew today.

Legion Riders

Done. After 6 years and thousands of miles your Ames Riders will have a new Director going into 2025.

At the December meeting and chili feed at Couser's Ag Cave the riders elected Doug Sargent and Rick Hackett as Director and Vice Director. I leave the Chapter in great and capable hands and take on the role as Ride Captain. Stepping away is never easy but I have total faith in their ability to lead the Riders on to new adventures.

Last month as we all know we took on the task of the 4th Annual Wreath Day. This year brought the challenges of weather, transportation, and communication in getting the wreaths here and ready on time. Thanks to the incredible efforts from the drivers from both Tyson and Decker Transport the event was everything it was meant to be.

The riders all met at 8am, unloaded, and staged the 1900+ wreaths all around the cemetery in time to get back to the post for a much needed SAL breakfast. I can't say enough about the efforts of so many in our chapter. It's incredible to see all of the work get done on one day.

We're not ruling out a ride on New Year's Day this year if the roads are clear enough.

Until then let me end this last column with the optimism that my first one had. The Riders are dedicated to moving the Post forward into the future, and we're proud to be part of the family.

Ride safe, and ride often. Thanks for letting me have some of the best times ever on 2 wheels. Here's to 2025!

All the best, Cliff Barker

JSSP Update



During the month of December, our Air Rifle Club completed the first two of eight matches for the Iowa Postal Match competition. Our 19 shooters

represent half of all shooters from five clubs (Ames, Ely, Swisher, Muscatine, Lone Tree) that are participating. After two matches, two of our shooters are in the top three finishers. In January, 12 of our shooters will be additionally competing in the American Legion National Postal Match. Practices are every Sunday 12:15 to 2:30 in the Ames Izaak Walton League Clubhouse. Visitors are welcome to come out and see the club in action.

AMERICAN LEGION POST NO. 37


225 Main Street
Ames, IA 50010

RETURN SERVICE REQUESTED

NON PROFIT ORG

US POSTAGE
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JANUARY

<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 WEDNESDAY WINESDAY CHILI COOK-OFF	2 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	3 FIREBALL FRIDAY MUNCHIES NIGHT	4 STEAK DINNER 5:00—7:00
5 YOUTH AIR RIFLE 1-3 AT IZAAK WALTON BINGO	6 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	7 GRILLED CHEESE & SOUP AUXILIARY REGULAR 6:30	8 WEDNESDAY WINESDAY CURBSIDE MEAL HOT BEEF	9 \$2 DOG NIGHT LEGION REGULAR 7:00	10 FIREBALL FRIDAY MUNCHIES NIGHT	11
12 BINGO	13	14 GRILLED CHEESE & SOUP SAL REGULAR 6:30	15 WEDNESDAY WINESDAY CURBSIDE MEAL CHICKEN & NOODLES	16 \$2 DOG NIGHT SOCIAL COMMITTEE 7:00	17 FIREBALL FRIDAY MUNCHIES NIGHT	18
19 BINGO	20 VFW POST MEETING 7:00	21 GRILLED CHEESE & SOUP	22 WEDNESDAY WINESDAY CURBSIDE MEAL SCALLOPED POTATOS & HAM	23 \$2 DOG NIGHT 40&8	24 FIREBALL FRIDAY MUSIC BINGO 7-9 PM	25
26 BINGO	27	28 GRILLED CHEESE & SOUP	29 WEDNESDAY WINESDAY CURBSIDE MEAL CREAMY TUS-CAN CHICKEN	30 \$2 DOG NIGHT	31 FIREBALL FRIDAY MUNCHIES NIGHT	