



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

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225 Main Street
 Ames, IA 50010
 515-232-9870

www.ameslegionpost37.com
www.ialegion.org
www.iowaala.org
www.ialegion.org/riders

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

INSTALLATION OF OFFICERS

"I,, do solemnly pledge myself to perform faithfully and impartially the duties of the office I am about to assume, and I further pledge that I am not a member of and do not subscribe to the principles of any group opposed to our form of government."

Those words are the pledge that the newly elected Legion family officers will recite as they are installed into their respective offices on July 14. That ceremony will begin at 7:00. All members of the Post, Unit and Squadron are invited and encouraged to attend. Commander Barker has stated that changes can be expected around the post. Join us for the installation and welcome the new Post, Unit and Squadron officers.



Commander: Cliff Barker
1st Vice: John Baldwin
2nd Vice: Vacant
Adjutant: Doug MacCrea
Finance: Jennifer Rehbein
Service Off: Doug Sargent
Sgt At Arms: Dylan Ehren
Chaplain: Ricky Thompson
Historian: Ricardo Castrodad
Executive Board: Tony Thacker, Bob Bellinghausen, Kristen Gronlund, Keven Brace



President: Jodi Mann
1st VP: Linda Henderson
2nd VP: Cara Fila
Secretary: Sandy Deacon
Treasurer: Ann Rehbein
Sgt At Arms: Kerri Peterson
Chaplain: Keri Guy
Historian: Vacant
Executive Board: Sharon Bellinghausen, Michelle Talbott, Jan Schmidt, Kathy MacCrea, Joyce Elliott



Commander: Russell Belz
1st Vice: Dave Preston
2nd Vice: Keven Brace
Adjutant: Mike Deacon
Finance: Randy Freel
Sgt At Arms: Cliff Barker
Chaplain: Roger Elliott
Historian: Doug MacCrea
Executive Board: Steve Malmquist, Bob Bellinghausen, Stan Elliott, Marc Gourley



MEMBERSHIP IS EVERYONE'S RESPONSIBILITY

As July begins, Legionnaires will see a membership renewal notice show up in their mailbox. Auxiliary members won't get that mailed renewal notice until September. For the Sons, that September date also applies.

None of us need to wait for that mailed notice though. Membership in all of the Legion family organizations can be done electronically and paid online.

Simply go to Legion.org or click [here](#) and look for the red button labeled **renew** near the top of the page. That will take you to a page to renew your Legion dues and

also provide links to the pages to renew Auxiliary or SAL dues.

You will need your membership number but that is on your card and never changes. This is the simplest possible way to renew your membership. It does not require writing a check, filling out and stamping an envelope or making a trip to the Post Office.

The sooner that our members renew, the faster our officers can go on to other things and devote their time to other programs.

Why wait? Renew now!



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Post Commander Cliff's Comments

Happy Independence Day! July 4th is falling on a Friday this year making a built in 3 day weekend, the Post will be open at 10am, just before the parade steps off and there will be hot dogs and burgers again out front this year. I look forward to seeing you all there.

On a different note, On July 14th the Post will have it's joint installation of new officers. The Auxiliary, and the Sons will both have new leadership this year, and I look forward to year number two of my role as Commander. Working with President Jodi and Commander Russ as a family, the hope is to achieve new things and increase member participation in our own events and events throughout the City of Ames.

Hopefully you'll see some other changes taking place this summer. Some of the smaller projects have found sponsors, Improved lighting and visibility to Main Street, fixing leaking faucets, putting larger trash cans in the restrooms, deep cleaning problem or high traffic areas. All of this is for a purpose. I believe if we take pride in our post and our organization, the public will take notice. We've made considerable inroads with the students and student groups at ISU, and the City of Ames is much more aware of what it is that we do. That's important, and I see a long future for the Ames American Legion Family if we can become more active in our community, and show the community what we do.

Perhaps you've seen the new younger faces in the post, These are new members, and I ask everyone to make them feel welcome. When I first came to Post 37, 12 years ago I was already familiar with the Legion environment and fitting in wasn't hard. The new members may need some encouraging but each is bringing new ideas and a certain excitement for the future. Department Convention and National Convention are just around the corner, so make your plans soon. As is tradition, Mike Deacon and I will be riding to Virginia in August to start the Legacy Ride and we'll see you all in Tampa.

So here's to 2025-2026, and thank you for allowing me to lead the Ames Legion for a second year.

Unit President Jamie's Comments

Welcome to Summer's July Edition! And our Iowa summer weather has definitely arrived! Girls State was held last month and I'm excited to hear the report from our citizens! We will be very busy in July! For the July 4th celebration, we voted to have a float in the parade, so everyone is welcome to the Barker house (803 Furman Drive) at 5:00 pm to help decorate. Bring your festive red, white and blues! You are also welcome to ride on the edge of the trailer (float) or walk with some of the rest of us in the parade which starts promptly at 11 am.

Some dates to remember are: Joint Installation will be held July 14 at 7pm. [Department Convention](#) will be held July 18-20 at the Airport Holiday Inn, 6111 Fleur Dr, Des Moines. Please attend as many of the sessions as you are able. Remember, the more input we get and give, the better an organization

we can become as a whole. The cost of a minimal \$10 donation for Senior members and FREE for our Juniors.

Last month, the 6th District also held a Be the One training at Highland Park and that was a great success. Thanks to all who came to learn and get certified to Be the One to provide assistance to a veteran in crisis. I can't think of a better training to attend than one that actually gives direct support to our Veterans.

At the Juniors Convention, one of our Juniors, Avary Jones, is now an Honorary Junior Sergeant-at-Arms for the Department. Congratulations Avary and I'm so honored to have attended the Juniors Convention and represent the 6th District.

I'd like to take this time on my final newsletter article to Welcome Jodi Mann as your new Unit President and

we can all help her along the way as she learns the role this year. You all have helped me, mentored me, reminded me and were ever so kind. Let's do the same for Jodi!

As this administrative year comes to a close, I'd like to thank everyone who has helped with fundraising, volunteered for a committee, reported service hours, distributed Poppies, helped with Family Day, attended County and District Meetings, sent pictures to Historian Becky Lundy at lundy110@hotmail.com, worked on the new loom, came to our service days, planted flowers, etc. It is amazing to think of all the things we do during just one year. Thank you for all you do to remember, honor and serve our veterans who protect us and this nation. Hats off to those veterans and God Bless the USA!

Squadron Commander-Elect Russ's Comments

Hello everyone. I want to take a moment to introduce my self to those who may not know me. My name is Russell Belz, but you can call me Russ. I am a life long resident of Story County, and a 23+ year resident of Ames. My wife of 23 years is Vicki, and we have 2 grown sons who both live in the Kansas City Metro area. I am eligible for S.A.L. membership through my father Herb Belz. My Dad and Mom, Carma, were very active in the Legion and Auxiliary

in Slater Post 260. Both held numerous offices at the Local, County, District, and State levels. I would like to thank everyone who encouraged me, and supported me, for the office of Commander. I look forward to serving the members of the S.A.L. and working with the members of the Legion, Auxiliary, and Riders to continue, and hopefully grow, into heritage of the Legion Family of Post 37. One area I want to focus on is increasing participation and volun-

teerism. Our membership numbers are great. However, the attendance at meetings is only about 10%, and it is only 15%, or less, of the members doing all of the work on our projects and community involvement. We can do better. I hope that when you have the opportunity, you will join us and give of your time and energy to make our S.A.L. Squadron a more welcoming, and better organization. I look forward to meeting/seeing you soon.

Clubroom News

Happy Independence Day to all!! We hope that everyone is well and having a fabulous summer. We invite all of our members to join us for the 4th of July parade beginning at 11am. The Clubroom will be open at 10am. We will be grilling hamburgers and hot dogs out front of the post. There will be plenty of activities downtown July 4, come and join in the fun!! We are always looking for volunteers to help with our booth before, during and after the parade. If you are able stop in and let me know or email me at alames37@aol.com.

Our curbside meals have continued to be a hit! Join us on Wednesday's for dine-in or curbside pickup. Some of these meals have been extremely popular so if you want to make sure you get one please let me know ahead of time

so I can make enough. I try to keep costs down by only making a certain amount so that there is not much waste.

Wed July 2-Lasagna

Wed July 9-Steak Night

Wed July 16-Meatloaf

Wed July 23-BBQ Chicken

Wed July 30-Ham Balls



Thanks to all who helped out around the clubroom over the last month. It is greatly appreciated.

Tom Fowler, Russ and Vicki Belz, Paul Madsen, Sandy Deacon, Mike Deacon, Ken Woodley, Bill Donovan, Julie Rinard, Marty and Jo Kelly, Greg Hobbs, Rodger Van-Voorhis, and Colten Christensen

July 4th at the Post—Flags, Parade and the Grill



The Ames Post and downtown Ames will be a great place to celebrate Independence Day again this year. The flags in the Main Street area will go up on Thursday, July 3 at 7:30AM and will fly until Sunday at 5:00PM. We can always use help decorating Main Street with those flags.

The Legion family will be decorating a parade float at 5:00 PM on July 3. That will happen in Commander and President Barker's driveway at 803 Furman.

We will kick off Independence Day on the 4th by lighting the grill at 10:30. We will be serving burgers and

hot dogs all through the parade and as long as we have customers and food.

The Independence Day parade will step off at 11:00AM. The parade has seen a great crowd the last few years. If you are planning on the parade, it would be best to be there a little early to make sure you get a good spot. It is a great time to watch the kids as they enjoy the parade.

Of course, Ames will have a fireworks show. That will begin at 9:30 on July 3 east of Jack Trice stadium. Come enjoy the day in Ames, the celebration has gotten bigger each year. See you there!



MacCrea Nominated for Legionnaire of Year

Adjutant Doug MacCrea was named Legionnaire of the Year for the Ames Post at the June meeting. His nomination was submitted to Department Headquarters to be considered for Iowa Legionnaire of the Year. The decision will be announced at the July Convention.

Legion Riders



What a great string of weather we have coming up. The April and May rains are past us and we are now standing smack dab in prime riding season. Please take the time to look your bike over before heading out, a couple minutes on the front end can save a long afternoon on the side of the road.

The Riders will be riding in the July 4th parade. The parade starts at 11 am. Riders are asked to be in the staging area no later than 10:30. The Nation of Patriots (NOP) will be receiving the flag on July 21 and delivering the flag on July 22. More information will be available shortly. Saluting Service is still looking for volunteers for the Wall that Heals display in August. Please see the web site for more information on how you can sign up or reach out to me and I will help you.

Have a great July, celebrate responsibly and be safe.

Doug



The 50-50 Raffle is open at the Post. Each month a winner is drawn at the end of the month and a new raffle starts the next day on the 1st of the month.

Proceeds from the raffle are used for a project at the Post. Last month and this month the proceeds are being used to repair some of the pipe from the sprinkler system. Last month's winner received a prize of \$222.

Raffle tickets are \$1 each or 6 for \$5. Ask the bartender to get entered. We don't know what the project for July will be but you can be sure it will be something to benefit the Post or Legion family programs.

AMERICAN LEGION POST NO. 37
 225 Main Street
 Ames, IA 50010

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Ames, IA

JULY



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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 TACO TUESDAY AUXILIARY REGULAR 6:30	2 WINESEDAY WEDNESDAY CURBSIDE MEAL LASAGNA	3 \$2 DOG NIGHT MAIN ST. FLAGS UP 7:30AM OPERATIONS COMMITTEE 6:00	4 FIREBALL FRIDAY PARADE & GRILLING	5
6 MAIN ST. FLAGS DOWN 5PM BINGO	7 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	8 TACO TUESDAY SAL REGULAR 6:30	9 WINESEDAY WEDNESDAY CURBSIDE MEAL STEAK NIGHT	10 \$2 DOG NIGHT LEGION REGULAR 7:00	11 FIREBALL FRIDAY MUNCHIES NIGHT	12
13 BINGO	14 LEGION FAMILY OFFICER INSTALLATION 6:30	15 TACO TUESDAY	16 WINESEDAY WEDNESDAY CURBSIDE MEAL MEAT LOAF	17 \$2 DOG NIGHT	18 FIREBALL FRIDAY DEPARTMENT CONVENTION MUSIC BINGO 7-9	19
20 DEPARTMENT CONVENTION BINGO	21 VFW POST MEETING 7:00	22 TACO TUESDAY	23 WINESEDAY WEDNESDAY CURBSIDE MEAL BBQ CHICKEN	24 \$2 DOG NIGHT 40&8	25 FIREBALL FRIDAY MUNCHIES NIGHT	26
27 BINGO	28	29 TACO TUESDAY	30 WINESEDAY WEDNESDAY CURBSIDE MEAL HAM BALLS	31 \$2 DOG NIGHT		