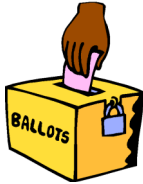


Post, Unit, Squadron Elections



June on the calendar means that it is time for the leadership elections in the Post, Unit and Squadrons. The nominating committees have reported with those reports listed below. Nominations will be taken from the floor at each meeting if there is someone that wished to run for an office but the committee was not aware of their desire.

The Ames Legion family is among the best in the state. Leadership in this family has kept us strong. Be part of that leadership. Step up and add your strength to ours. Your membership is important. Think about joining our leadership team!



Commander/President
 1st Vice Commander/President
 2nd Vice Commander/President
 Adjutant/Secretary
 Finance Officer/Treasurer
 Chaplain
 Historian
 Sgt-at-Arms
 Service Officer
 Executive Board

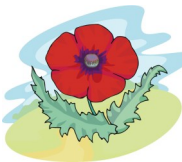
Dylan Ehler
 John Baldwin
 Randy Breyfogle
 Doug MacCrea
 Cliff Barker
 Ricky Thompson
 Ricardo Castrodad
 Tony Thacker
 Doug Sargent
 Kristen Gronlund
 Keven Brace
 Bob Bellinghausen
 Randy Freel

Jo Kelly
 Jamie Barker
 Cara Fila
 Sandy Deacon
 Ann Rehbein
 Jodi Mann
 Open
 Kerri Peterson

Russell Belz
 Dave Preston
 Marc Gourley
 Mike Deacon
 Randy Freel
 Roger Elliott
 Doug MacCrea
 Cliff Barker

Kerri Guy
 Joyce Elliott
 Jan Schmidt
 Sharon Bellinghausen
 Kathy MacCrea
 Steve Malmquist
 Bob Bellinghausen
 Keven Brace
 Stan Elliott
 Cort Pahl

Thanks to Poppy Workers and Donors



You may have seen members of the Ames Legion family around town on the days leading up to Memorial Day. They were out asking for donations to the Ames Unit Poppy fund.

We want to thank Hy-Vee, Fareway and the other locations that agreed for our poppy workers to be at their door.

We especially want to thank

those Legion family members that took time from their week-end for this effort.

Especially we want to thank our donors. Those donations are placed in a restricted fund that the Unit can only use for the benefit of veterans. Those veterans served. Now our donors continue to recognize that service and ensure that we can continue to help provide for their needs.



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Post Commander Cliff's Comments

Summer is here. Vacations, baseball, bikes and cycles, camping. All the things we like to do in the outdoors. But as my time as Commander comes to a close, I see there are a few things to wrap up or prepare to hand off to the incoming commander. First will be my last "All Hands" meeting on June 23rd. In the last two years we've come a long way in community outreach and involvement. I would thank each of you, Legion, Auxiliary, SAL, and Riders for all working together to bring the many efforts of Ames Post 37 to the public. From 4th of July Floats, to presenting the colors at Ames HS Baseball, to our Christmas giving trees, the community support of our Post is growing. We've faced financial and mechanical hurdles with 225 Main St. There are more to come, but we do, and will, face them together. For the betterment of the community.

This month, I would like to give a special one on one thank you to Ron Kobeluch. From it's inception, he has stepped up to take the American Legion's Be The One effort to Main Street. At each Farmer's Market, Ron sets up his table and engages the public as they pass by, encouraging them to just talk. It's that spirit, that desire to make a difference that defines the American Legion Family's service to the community. In the years since he started, his encounters have brought me great pride. If you've never sat with him on a Saturday morning, make it a point to stop and watch how he interacts with the young and old alike. His nature, his honesty, and his charisma brings out a level of trust out of strangers. Quietly, he records the names of friends and family members that have taken their own lives. These souls are remembered every year, at our Memorial Service.

Some names have stories, others are but a moment of silent reflection, but none are forgotten. Ron makes sure of that. It's this kindness that inspires.

With Memorial Day just passed, the traditional start of summer has commenced. As you go on through the next few months, consider this, it costs nothing to be kind. The world we live in gets busy more often than not, and if you find yourself getting swept up in it, pause, and look around. A random act of kindness is seldom far away. It may be the best thing for them, or you, that happens all day.

In closing, thank you for your support, your time, your efforts, and most of all; your trust. As the National ALR Chairman Dave Heredia says, we are the Champions of Hope. All of us, because we truly do make a difference.

Unit President Jodi's Comments

I would like to thank those that helped plant flowers at the Veterans Memorial Park which our Auxiliary has adopted again this year. It looks so nice after the winter and spring rains to honor our veterans. I'd also like to thank everyone who helped with all the Memorial Day activities. We have a great crew and always welcome others to join in the areas they choose.

We also held our joint Memorial Service and for the third year, we included the reading of names of some veterans who've 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".

June is the month we have our elections of officers and I'm pleased to announce we have most of our officer positions filled, but we are still looking for a historian, so if you'd like to help us with that part please speak to Ann Rehbein or Sandy Deacon of our nominating committee.

Flag Day is June 14th if you have a worn flag, please remember to replace it. There is a drop off box outside the post for those worn out flags.

June is also a month of education opportunities for our youth. June 7th-12th is Junior Camp at the Christian conference center in Newton and we have sponsored 2 junior members from our Unit. The Juniors Department Convention will be held on Friday, June 12th. Juniors don't have to have attended camp to attend the convention. Also we have Girls State from June 14th-19th at Drake University in Des Moines. Our unit is sending 2 citizens this year, one from Gilbert High School the other from Ames High School. We wish them the best of luck as they run for an office. Inauguration is held on June 19th and you are welcome to attend.

Squadron Commander Russ's Comments

During the opening of each of our meetings we renew our dedication to the S.A.L. by reciting the Preamble to the S.A.L. constitution. One line of the Preamble is, "*To inculcate a sense of individual obligation to the community, state, and nation;*" So what is your individual obligation? I could ask a hundred people that question and I would probably get a hundred different answers. I offer my interpretation of "individual obligation";

I think a person needs to be actively involved. It doesn't matter where you get involved. It can be in your church, your children's school, other civic organizations, or possibly serving on one of the many boards or committees that help government function. But it is your duty to give back of your time, your

talents, even your thoughts. Just paying your dues is not actively involved. If the S.A.L. spirit of Americanism fits you, please, join us at a meeting. See what we are all about. Offer your thoughts and insights.

When you think of June, typically you may think there is not much going on with the S.A.L. We just completed our Merit Award selections. We've honored our fallen soldiers and comrades in the Memorial Services. We are looking forward to Independence Day and all of the associated activities. Not much to do in June, right? Wrong.

In June we have one of the most important activities that happens within the S.A.L. The election of officers. If you don't make it to any other meeting all year, June 9th is the one you don't

want to miss. This is your opportunity to make your voice heard in regards to the leadership of the S.A.L. You need to be present to exercise one of your basic freedoms that our soldiers fought so hard to earn and defend, your right to vote. Our S.A.L. candidates are listed in a separate article in this newsletter.

In addition to the election of officers, both of our Merit Award winners, Madison Powers from Gilbert HS., and Anthony Jones from Colo-NESCO HS., are planning to attend. It will be your chance to meet and congratulate them. They will have the opportunity to share with us their plans for their futures.

Again, that is June 9th, at 6:30 pm, at the Post (225 Main St in Ames). I hope to see you there.

Clubroom News

We are so excited for the warmer weather and the fact that Summer is almost here. We will still have some of our great weekly specials going on throughout the Summer so please stop in join us. We know summer's get really busy with lots of activities but we would love to see you. Come cool off and enjoy a meal or drink with your friends at the Post.

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

Wed. June 3-Steak Night

Wed. June 10-Creamy Tuscan Chicken

Wed. June 17-Burger Night

Wed. June 24-Meatloaf

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.

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

Legion Foundation Awards over \$116,00 in Grants

The American Legion of Iowa Foundation Board of Directors held their annual meeting on May 21. The primary purpose of this meeting is to decide which grant applications will receive funding.

Incorporated Nov. 29, 1978 as the charitable entity of the Iowa Department of The American Legion, the Foundation was organized as a mechanism for the Legion to provide financial assistance to promote Americanism, youth programs, veterans rehabilitation and community service in the state of Iowa.

The initial funding for the Foundation came from the excess funds of the campaign of National Commander Donald Johnson. Since then, the generosity of the Iowa Legion family and other donors has raised the corpus of the Foundation to over \$2,500,000.

The Foundation uses the interest derived from that corpus to fund projects throughout Iowa. Those projects fall into the categories of Veterans Affairs and Rehabilitation, Americanism/Children and Youth and Community Service.

Along with those grants, Foundation funds are used to provide half the scholarship funding for the Youth programs of The American Legion and American Legion Auxiliary. Several of the grant recipients will be present at the Department Convention to receive their check.

This year, 14 of Iowa's smaller colleges and universities applied for funds for scholarships for veterans. Each of those schools received \$2,000 for the



purpose. A \$5,000 grant was approved for the Iowa Veterans Band. They will play at the convention along with a number of other appearances around the state including the state fair.

Over \$8,500 will go to the Iowa Veterans home, \$3,000 to help erect an antenna for their radio club

with the remainder being used to help purchase gaming systems for use by the residents. \$5,000 was awarded to assist the Des Moines Homeless Veterans Stand Down. Several members of the Ames Legion family help with that event.

Not every grant applicant receives funding. There simply is not enough funds to do that. The decisions on which applicant receives funding are difficult.

If anyone is interested in donating to the Foundation, please know that your donation is invested and only the interest from that investment is used to fund grants. The eternal flame is the symbol of the Foundation since the funds donated are never spent but remain to fund grants from the interest. Any donor who has given a total of \$100 receives an eternal flame pin.

Information on making a donation or to download an application for a grant can be found at ialegon.org/foundation. Grants can only be awarded to non-profit and governmental organizations. For successful applications, checks will be written to the organization. Checks cannot be written to individuals.

Legion Riders

It is a great time of year, the sounds of motorcycles fill the air and more rides are taking place than one can imagine. One big ride that will be taking place is the National Legacy Ride. This year we are privileged to have an overnight stop, Sunday August 23rd roughly 300 riders will descend on Ames. This is a great opportunity to show what Ames has to offer. Please contact Cliff Barker or me, Doug Sargent, if you would like to volunteer to help make this a great event. If you have not been part of this event, it is quite a spectacle to see.

Other things to consider are the 4th of July parade in Ames, dinner rides on the second and fourth Sundays of the month. KSU up at 4:30 from Zylstra Harley Davidson.

Please ride safe and keep your head on a swivel.

Iowa Low in VA Benefits

There was considerable discussion in the session of the Iowa Legislature that just adjourned concerning service connected VA benefits being paid in Iowa. The statement was made that on a per-capita basis, Iowa ranks 47th in the country in that area.

There may be, and probably are, a number of causes for that low ranking. One of them and possibly the primary reason is the difficulty educating veterans on the benefits they are due because of their service. Many of us, this writer included, went many years without establishing a connection with the VA healthcare or benefits systems, thinking that we probably didn't have any service-connected health issues or even more that our issues weren't that bad and we didn't want to take up space in the system or that others needed it worse.

In the author's case, the tinnitus that had plagued me for many years was declared service-connected. That only happened due to a conversation with a person with expert knowledge. Thanks to that service-connection, the hearing aids that came to be needed are now furnished by the VA at no cost as well as other medications with a low co-pay.

The reason for saying this is to encourage our membership to contact a claims representative for evaluation. The quickest way is to contact our county VA claims rep. Every Iowa county has one, generally at the courthouse or other county building. Don't wait! Make that contact and get the benefits you earned.


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

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Ames, IA

JUNE

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	2 TACO TUESDAY AUXILIARY REGULAR 6:30	3 WINESDAY WEDNESDAY CURBSIDE MEAL STEAK NIGHT	4 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	5 FIREBALL FRIDAY MUNCHIES NIGHT	6
7 BINGO	8	9 TACO TUESDAY SAL REGULAR 6:30	10 WINESDAY WEDNESDAY CURBSIDE MEAL TUSCAN CHICKEN	11 \$2 DOG NIGHT LEGION EXEC BOARD 6:00 REGULAR 7:00	12 FIREBALL FRIDAY MUNCHIES NIGHT	13
14 FLAG DAY BINGO	15	16 TACO TUESDAY SOCIAL COMMITTEE 6:00	17 WINESDAY WEDNESDAY CURBSIDE MEAL BURGER NIGHT	18 \$2 DOG NIGHT	19 FIREBALL FRIDAY MUNCHIES NIGHT	20 CAN DROP-OFF 9-11
21 BINGO	22	23 TACO TUESDAY	24 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	25 \$2 DOG NIGHT 40&8	26 FIREBALL FRIDAY MUSIC BINGO 7-9PM	27
28 BINGO	29	30 TACO TUESDAY	 Find us on Facebook at American Legion Family of Ames, IA Post 37			