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HAVE YOU TALKED WITH A SERVICE OFFICE? WHY NOT?

You may have heard of the discussion in the last session of the Iowa Legislature concerning veterans benefits. That discussion started with the statement that Iowa ranks 47th in the nation in per capita veterans benefits.

If that is true and there is no reason to believe it is not, then there are many, many veterans in Iowa that should be receiving benefits that are not.

Why is that? Probably because they don't know they are eligible. Your editor was one of them for a long time. Until I spoke with a service office, I did not know that my tinnitus was probably service related.

I know that now and beyond the service connection, I am now able to ob-



tain hearing aids and medication from the VA because of that.

Are you in a situation like that? The best way to find out is to speak with a service officer. Our county service officers here in Iowa are very good.

If you go to one of the offices with a description of your military duties and a list of duty locations, they can most likely tell you whether a claim should be filed with the VA and

can help get that claim started.

If you live in Story County, the service officer is located in Ames at 126 S. Kellogg. In other counties, just check with the county office listing.

Almost all of the county service officers are also accredited with The American Legion. They can help initiate a claim that can then go to our state officers.

Now don't be one of those veterans that says "Someone else needs it more than me." That will keep us in 47th place.

If you have benefits due to you, you should find out an apply. Now is that time. Be like your editor and talk to a service officer to find out.

Email Saves Your Dues Dollars for Programs

Each month when the newsletter goes out to our Legion family members, more and more of them have moved to email. That speeds up delivery but IT SAVES DUES MONEY TO BE USED FOR PROGRAMS.

By the time the newsletter is printed and mailed, we are spending about 40 cents for each copy. That is almost \$5.00 each year that could be used for Legion family programs. It is easy to save that money.

Just give us your email address. You will get the newsletter quicker each month since it doesn't have to go through the post office.

You will also start receiving the weekly update of events happening at the post. That includes the full menu for the Wednesday dinners.

Email the editor at davidrehbein@msn.com and we will add you to the email list. That is \$5.00 saved each time.

Inside this issue:

Post Commander	2
Unit President	2
Squadron Commander	2
Legacy Run	2
Clubroom Event	3
Legion Riders	3
JSSP Organizing	3
Legion Link	3
Membership	3

Legion Legacy Run Coming to Ames

Each year the Legion Riders ride for several days to raise funds for a Legion cause. This year that ride will start in Lincoln, Nebraska and stay overnight in Ames on Sunday, August 23.

The Riders will stop at the Gold Star Hall on the ISU campus for the final event of the day. The next morning they will gather at the Texas Road House for breakfast before they continue on their way to Louisville, KY.

This ride is a fundraiser for the Legion's Veterans and Children



Foundation. Their goal is \$1.2 million dollars.

You can help with that goal by making a donation. Make your check out to the Veterans and Children's Fund, put Legacy Run on the memo line and get it to the post in care of Cliff Barker.

The best part though, come out and welcome them to town. More information will be available in the weekly update. There will be over 300 bikes. That procession is unbelievable. Make a donation but then come welcome them to town.

Post Commander Dylan's Comments

It is a privilege and an honor to be named your next Ames American Legion Post 37 Commander. I want to start off by saying thank you to everyone that attended the Officer's Installation on July 13th and the Department Convention this weekend down in Des Moines. We have won another year of the media award for this newsletter and wanted to give a special thanks to Dave Rehbein who does this every month.

At the Department Convention, one big thing that shocked me was the numbers. In the past, the Iowa American Legion numbers were 70,000+ for all

members, that number has now fallen to around 30,000+. For this next year I would ask each and every one of you to bring in just 1 new member.

No one person can rebuild this Legion family on their own and it takes a village to keep everything running smoothly. Wear your legion apparel, wear your shirts proudly displaying your branch of service, even wearing a poppy outside of memorial day weekend can spark up just enough of a conversation to get that 1 person to join.

My personal goal is to bring in 10 new

members. We need new faces and new volunteers. The current group of active members have done an amazing job filling every volunteer slot when needed, but it is time to let them take a bit of a break and pass on that responsibility to the future of the Legion.

I want to finish off my first newsletter with a quote by Henry Ford - "Coming together is a beginning. Keeping together is progress. Working together is success".

Thank you, God Bless, and Stay Hydrated.

Unit President Jo's Comments

Greetings! As the newly elected Auxiliary President I'd like to introduce myself. I'm Jolene Kelly - you may know me as Jo (and no I do not know Dolly Parton). You may also know my husband Marty. I'm looking forward to and a bit anxious about the coming year, but I know I have great mentors and support to help me fulfill my duties.

July was a busy month for us. Sandy Deacon attended the National Veterans Creative Arts Festival in Columbia,

South Carolina. The Department Convention was held on the 17th-19th in Des Moines. We had 6 members and 1 Junior member attend. Joyce Elliott was installed as the ALA Department Chaplain.

Thank you to those who planned to build the July 4th float and/or helped serve during the parade. Also thank you for working at the Rummage Rampage event. We were able to fill 5 shifts.

Our next meeting will be Tuesday, August 4th at 6:30 pm. Camille Rehbein and Claire Lu will be giving a presentation about their activities at Girls State. All are invited to attend.

Membership for 2026-27 has started. We hope you will renew your membership and we would love to have new members. Last year we had 230 members but we'd love to see that number increase. Lastly, a big thank you and round of applause to Jodi Mann for her leadership as our Past President

Squadron Commander Russ's Comments

I would like to start this month's column by thanking everyone who assisted in the preparation and the success of the Joint Installation of Officer's meeting, hosted by the S.A.L. this year. I want to mention some key people for their part; Dave Rehbein, Mike Deacon, Sandy Deacon, and Cliff Barker. You each did a wonderful job. Thank you.

If you have read my articles before, you know I frequently share my opinions. I can't help myself, so here I go again . . . I think the U.S.A. is the greatest country in the world. God has blessed us in so many ways. One blessing is the men that discussed, and probably argued about, how this country should be es-

tablished, and how we select our leaders. I am constantly amazed at their foresight when writing the Constitution and the Amendments. They created a living document that has served us well for 250 years.

Those men recognized the need for everyone to be able to speak their mind, and express their ideas and concerns. They knew it would be important to strengthen our country to hear from many different viewpoints. Those broad ideas would facilitate discussion, and eventually lead to a resolution that, hopefully, the large majority of the people could support. So, the 1st Amendment was created. The 1st does not

provide for any type of limit to what can be said, or for only non-offensive speech. It provides for free speech. Period.

Having said that, as I begin my second term as S.A.L. Commander, I want to encourage anyone who has thoughts, good or bad, about the S.A.L. or my leadership to bring them to me. I am regularly at the Post for Wednesday night meals, or for Music Bingo. And you can always see me at our monthly meetings on the 2nd Tuesday (August 11), at 6:30 pm, at the Post. I'll see you there.

Clubroom News

I can't believe that it is almost August! This summer has just flown by! Thanks to all that joined us for the 4th of July festivities. It ended up being a great day! This event takes a lot of volunteers to put on and I appreciate each and everyone of you who helped make this a success!

We also have the Rummage Rampage coming up at the end of July and beginning of August. We are lucky enough to be among over 50 nonprofits in Ames who volunteer at this great event. All proceeds go back to the nonprofits.

We have three different groups within the Post that will benefit from this. Thank you to all the people who volunteer at this event to help the Post! We really appreciate you!!

Our Wednesday meals still continue to be a hit! It is great to see a clubroom full of people sharing a meal. We hope you can join us for one. Here are the

meals for August. Make sure you check our weekly update and Facebook page for the full menu each week.

Wed. Aug 5-Chicken Enchiladas

Wed. Aug 12-Steak Night

Wed. Aug 19-Meatloaf

Wed. Aug 26-Tuscan Chicken

Join us for a night of fun on Friday, August 28 for Music Bingo starting at 7pm!



Thanks to all who helped out at the post in the last month Dylan Ehlen, Bill Donovan, Russ Belz, Vicki Belz, Addison Donovan,

Colten Christiansen, Julie Rinard, Marty Kelly, Jo Kelly, Jamie Barker, Will Hensley, Rodger VanVoorhis, Jodi Mann, Cliff Barker and Greg Hobbs.

JSSP Getting Organized for Coming Season

The Ames Youth Air Rifle 2026/2027 season is soon starting and the program is enrolling new members. This program is an American Legion Junior Shooting Sports Program provided in partnership with the Ames Izaak Walton League.

It teaches youth rifle safety and marksmanship and lets youth participate in an Olympic skill sport while fostering healthy competition. All interested youth between the ages 12 to 18 years old are welcome. Shooters must be able to safely handle and fire a full size competition target .177 caliber air rifle.

Practices are weekly on Sundays, 12:30-3pm. This season's kick off meeting is September 13. Contact coach

Cort Pahl (centraliowajssp@gmail.com) for more information.

We are also creating a new shooting program for younger children eight years old and up. This program consists of seven one hour classes (with an option for three additional classes) and is a great introduction to gun safety and competitive shooting appropriate for younger ages.

In this course we utilize special target Daisy BB guns. Please contact Cort Pahl at the above email address if you have children interested. Dates for the class haven't been set yet, but Cort would like to gather a list of interested participants.

Iowa Legion E-Newsletter

The American Legion of Iowa has established an electronic newsletter

Legion Link

named Legion Link to replace the Iowa Legionnaire that was mailed to the members. This electronic newsletter is published twice each month, on the 1st and 16th.

In order to receive this newsletter, it is necessary for you sign up and provide your email address.

Go to ialegion.org/signup which provides direct access to the subscription page as well as giving you access to previous issues.

You might think about going to the main

page, ialegion.org, and starting there. There is considerable good infor-

mation on that page.

Legion Link is a great replacement for the Iowa Legionnaire. Information there is much more timely and will keep you up on events about to happen.

Legion Link is done through a professional company. Your email address is safe with them. It will not be sold or used for any other purpose other than Legion business and programs.

When you sign up, be sure to watch your spam folder for that first issue you will receive. You can change the priority so that only happens once.

Legion Riders

It has been a great riding season so far, it is sad to think that we are halfway through the riding season. One major ride coming up is the National Legacy ride. This ride will start in Lincoln, NE. with an overnight here in Ames on August 23rd. and finish at Ft. Knox. The National Legacy Ride raises money for the Veterans and Children Foundation. Some of the things the Riders have been up to this year are the State Legacy Ride, Ames 4th of July parade, and the Sojourn 250 ride from Pittsburgh to Washington DC. Please note we need a new Secretary for next year, if you are interested, please see either Denise or Doug at one of the meetings. Get out and ride, be safe and have a great month.

Dues are Due Pay Early—Get It Done

The 2027 membership year is underway. Renewal notices are out, membership cards are in hand, now is the time to renew.

Each year we look at the roster and see members from last year that did not renew. If the Legion is too remain strong, if we are to fulfill our purpose, that must stop.

Remember The American Legion is so much more than the building on Main Street, we are so much more than the lounge or the dinners on Wednesday night.

We are the honor guard and firing squad that performs the military services for our comrades. We are the group that puts up flags on patriotic holidays.

We are the organization leading the charge for awareness on veterans suicide through Be The One.

We are the programs that help educate our children. We are the voice to our legislators that keeps veterans benefits available and current.

We are the voice to our legislators that keeps our troops well supplied and trained.

You paid your dues sometime last year. This year do it sooner. We need every member to stay with us.

Remember every veteran is eligible for The American Legion. Is your neighbor a veteran? Ask them or let us know and we will do the asking.

Our goal is to finish 2027 with more members than 2026. Be part of that, renew now.

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

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US POSTAGE

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Ames, IA

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					FIREBALL FRIDAY	1
					MUNCHIES NIGHT	
2 BINGO	3 WREATHS ACROSS AMERICA 5:30 LEGION RIDERS 6:30	4 TACO TUESDAY AUXILIARY REGULAR 6:30	5 WINESDAY WEDNESDAY CURBSIDE MEAL CHICKEN ENCHILADA	6 \$2 DOG NIGHT OPERATIONS COMMITTEE 6:00	7 FIREBALL FRIDAY MUNCHIES NIGHT	8
9 BINGO	10	11 TACO TUESDAY SAL REGULAR 6:30	12 WINESDAY WEDNESDAY CURBSIDE MEAL STEAK NIGHT	13 \$2 DOG NIGHT LEGION EXEC BOARD 6:00 REGULAR 7:00	14 FIREBALL FRIDAY MUNCHIES NIGHT	15 CAN/BOTTLE DROP-OFF 9-11AM
16 BINGO	17	18 TACO TUESDAY SOCIAL COMMITTEE 6:00	19 WINESDAY WEDNESDAY CURBSIDE MEAL MEATLOAF	20 \$2 DOG NIGHT	21 FIREBALL FRIDAY MUNCHIES NIGHT	22
23 BINGO	24 30 BINGO	25 TACO TUESDAY	26 WINESDAY WEDNESDAY CURBSIDE MEAL TUSCAN CHICKEN	27 \$2 DOG NIGHT 40&8	28 FIREBALL FRIDAY MUSIC BINGO 7:00 PM	29
	31					