



Opportunities to Participate in Tyler Cates American Legion Post 281 Activities for Our Members, Their Families, and Our Community  
What's your passion to help others?



Two ways you can help

1. Express a willingness to participate in a Post 281 activity.
2. Notify our Adjutant, [shawntaylorpost281mj@gmail.com](mailto:shawntaylorpost281mj@gmail.com), when your volunteerism supports any activity within the four pillars of The American Legion. See pages 6-11 for an exhaustive list of opportunities based on our annual Comprehensive Post Report.

Volunteer for a specific Post 281 Activity

and/or

Be a Volunteer Coordinator for an activity

- \***Four Chaplains Day** – February 3
- \***The American Legion Birthday** – March 15
- \***Child & Youth Month** – April
- \***Support American Legion Auxiliary Tree Sale** – May
- \***National Day of Prayer** – First Thursday in May
- \***Memorial Day** – Field of Flags honoring our American flag event - Last weekend preceding Memorial Day in May
- \***Flag Day and/or Unserviceable Flag Ceremony** – June 14
- \***Post 281 Picnic** – September
- \***POW/MIA Recognition Day** – Third Friday in September
- \*Support Mt. Juliet's "Halloween in the Park" – October
- \***Veterans Day Ceremonies** – November 11. If it falls on a Saturday, it is observed on the preceding Friday. If November 11 falls on a Sunday, it is observed on the following Monday
- \***American Education Week** – Week prior to Thanksgiving – For 2022, it was November 14-20
- \***National Family Week** – Week of Thanksgiving
- \***Post 281 Christmas Party** – December
- \***Veterans in the Classroom** – Connect veterans with schools and classrooms – When opportunities become available (or make your own)
- \*Veterans Affairs & Rehabilitation Committee
- \*Americanism Committee
- \*Membership Committee
- \*Finance Committee
- \*Volunteer Committee
- \*Constitution and By-Laws Committee

Serve on a Post 281 Committee

Contact John Herko:  
[johnherkopost281mj@gmail.com](mailto:johnherkopost281mj@gmail.com)



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## Opportunities to Help Post 281 and Your Community - What's your passion to help others?



Serve on Post 281  
Honor Guard  
and/or Rifle Team

- \*Participate in veteran funeral honors, rifle volley salute team and/or public ceremonies
- \*Contact Steve Wren: [smwren65@gmail.com](mailto:smwren65@gmail.com)

Participate in  
Community  
Service

- \*Post 281 annually submits members hours served
- \*We'll only know if you tell us
- \*Submit hours to Post Adjutant: [shawntaylorpost281mj@gmail.com](mailto:shawntaylorpost281mj@gmail.com)

Join the  
American  
Legion Riders

- \*Well known for their charitable work, which has raised hundreds of thousands of dollars for local children's hospitals, schools, veterans' homes, severely wounded servicemembers and scholarships.
- \*More Info: <https://www.legion.org/riders/about>
- \*Contact Bill Inman: [wainman1@gmail.com](mailto:wainman1@gmail.com)

Join Sons of  
The American  
Legion

- \*Male descendants of veterans who served honorably from December 7, 1941, to current date, or who died after their honorable discharge from such service.
- \*All male descendants, adopted sons and stepsons of members of The American Legion
- \*Male descendants of veterans who died in service during the period April 6, 1917, through November 11, 1918
- Contact: SAL Adjutant Lew Hightower: [lewhigh7728@gmail.com](mailto:lewhigh7728@gmail.com)

Join the American  
Legion Auxiliary  
Post 281

- \*Must be a veteran or related to a veteran (spouse, daughter, mother, grandmother, granddaughter or sister)
- \*More info: <https://member.legion-aux.org/joining>
- \*Contact Gwynne Queener: [gwynnequeener@gmail.com](mailto:gwynnequeener@gmail.com)



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Assist  
Historian in  
Maintaining  
Post Records

- \*Maintenance of documents relating to Post activities
- \*Digitizing historical paper documents
- \*Email Lew Hightower: [lewhigh7728@gmail.com](mailto:lewhigh7728@gmail.com)

Identify for  
sponsorship  
a ....

- \*Scout troop/pack/crew/ship/post
- \*More info: <https://www.legion.org/scouting>
- \*Contact: [johnherkopost281mj@gmail.com](mailto:johnherkopost281mj@gmail.com)

Join a Young  
Marines  
Unit

- \*A national youth program for boys and girls ages 8 through high school graduates, focused on leadership, citizenship through community service self-discipline, and living a healthy, drug-free lifestyle.
- \*More info: <https://youngmarines.org/public/page>
- \*Contact: [shawntaylorpost281mj@gmail.com](mailto:shawntaylorpost281mj@gmail.com)

Participate  
in Amateur  
Radio

- \*Join and participate in local Ham radio group – Affiliated with the American Radio Relay League
- Contact John Herko: [johnherkopost281@gmail.com](mailto:johnherkopost281@gmail.com)

Participate  
in Veterans  
Service  
Days

- \*To raise public awareness of veterans' issues to garner attention and support by the public and promote the advocacy of The American Legion.
- Contact Post Service Officer: Mike Faoro - [faorom@comcast.net](mailto:faorom@comcast.net)

Register Your  
Child in the  
Youth Cadet Law  
Enforcement  
Program

- \*Provided as the Tennessee Junior and Youth Academy
- \*Designed to educate youth who may have an interest in pursuing a career in law enforcement
- \*A parent or guardian can submit a registration application with the Tennessee Highway Patrol
- \*Provide Completion Certificate to Post 281 Adjutant Shawn Taylor - [shawntaylorpost281mj@gmail.com](mailto:shawntaylorpost281mj@gmail.com)
- \*Email: [thpyouth.junior.academy@tn.gov](mailto:thpyouth.junior.academy@tn.gov)



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## Opportunities to Help Post 281 and Your Community - What's your passion to help others?



**Nominate a High School Junior as a Candidate for Boys State or Girls State**

- \*Participants learn about local, county and state government
- \*Post 281 sponsors boys
- \*Auxiliary sponsors girls
- \*More info: <http://www.tennesseelegion.org/index.php?id=41> – Click on upper left horizontal bars and select “Department Scholarships”
- \*Submit through Tyler Cates American Legion Post 281 or Auxiliary  
Contact Post 281: [johnherkopost281mj](mailto:johnherkopost281mj)  
Contact Auxiliary: Gwynne Queener: [gwynnequeener@gmail.com](mailto:gwynnequeener@gmail.com)

**Submit an Award Nomination**

- \*Fire Fighter of the Year
- \*Law Enforcement Officer of the Year
- \*Emergency Medical Technician of the Year
- \*JROTC Cadets
- \*Eagle Scout of the Year
- \*Scouting “Square Knot”
- \*Employer of Veterans
- \*Employer of Older Workers
- \*Enhance the Lives of Disabled Persons
- \*Michael Guty Homeless Veterans Outreach Award
- \*Veteran Employment Representative; Disabled Veteran Outreach Program Specialist; Employment Service Local Office
- \*More info: <http://www.tennesseelegion.org/index.php?id=126> – Click Select “Awards and Trophies”
- \*Submit through Tyler Cates American Legion Post 281  
Contact John Herko: [johnherkopost281mj@gmail.com](mailto:johnherkopost281mj@gmail.com)

**Nominate a High School Student for a Scholarship**

- \*“Constitutional Speech” High School Oratorical Contest -- \$6,000 in State of Tennessee Awards
- \*More info: <http://www.tennesseelegion.org/index.php?id=111> - Click on upper left horizontal bars and select “Department Scholarships”
- \*Submit through Tyler Cates American Legion Post 281  
Contact Terry Ward: [tswardpost281am@gmail.com](mailto:tswardpost281am@gmail.com)



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## Opportunities to Help Post 281 and Your Community - What's your passion to help others?



Assist in  
Website  
Maintenance

- \*Website is a major means of communicating with members, potential members and other interested parties in Tyler Cates American Legion Post 281 activities
- \*Learn Joomla and its Content Management System
- \*Contact John Herko: [johnherkopost281mj@gmail.com](mailto:johnherkopost281mj@gmail.com)

Media  
and  
Communi-  
cations

- \*Assist the Public Affairs Officer
- \*Assist with social media accounts and news accounts
- \*Provide local media notices of Post 281 activities
- \*Contact Terry Ward: [tswardpost281am@gmail.com](mailto:tswardpost281am@gmail.com)

View Video "This  
is The American  
Legion"

- \*An excellent 2 ½ -minute video every member of our Legion Family should watch
- \*<https://www.youtube.com/watch?v=qfIQaYvsB8c&t=17s>

Take the Basic  
Training on-line  
Course

- \*Self-paced course that focuses on the Four Pillars of The American Legion
- \*Free to TAL members. Others pay \$9.95.
- \*<https://www.legion.org/alei>
- \*Submit copy of Completion Certificate to Post Adjutant: [shawntaylorpost281mj@gmail.com](mailto:shawntaylorpost281mj@gmail.com)

See following pages for more detailed  
information and opportunities to serve



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## Activities of the Four Pillars and Related Activities of The American Legion (November 2022)



### The Four Pillars

1. Veterans Affairs and Rehabilitation
2. National Security
3. Americanism
4. Children and Youth

### Post Administration

5. Media and Communications
6. Veterans Employment and Education
7. Internal Affairs & Membership

Service Participation	Description	Information Required	Pillar/ Line
Veterans Assistance	Assist veterans in obtaining VA benefits and rehabilitation	*Number of cases handled by a veteran service officer *Number of hours	1/7 1/122
Volunteer at a VA hospital or medical center	*Volunteer at the VA *Donate to <b>VA Voluntary Service Programs</b>	*Number of hours *Dollars contributed	1/9 1/10
Be a <b>VA Voluntary Service Coordinator</b>	Coordinate with Nashville and Murfreesboro Tennessee Valley Healthcare System	*Manage the volunteers in VA Voluntary Service Programs	1/11 1/122
<b>Blood Donor Program</b>	Donate blood	*Number of pints *Number of hours	2/13 2/122
Participate in <b>JROTC awards</b>	Identify and nominate JROTC students for medals	*Number of medals *Number of hours	2/15 2/122
Participate in <b>Crime Prevention/Law and Order Program</b>	A community service in teaching others passive prevention measures	*Number of hours	2/17 2/122
Participate in <b>Fire Prevention/Protection Program</b>	A community service in educating others in fire prevention and protection measures	*Number of hours	2/18 2/122
Assist in website maintenance	Enter and/or update calendar and other information -- Joomla	*Number of hours	3/31 3/122
Report media exposure about Post 281	Submit instances to Adjutant	*Number times on TV; radio and newspaper *Number of hours	3/34 3/35 3/36 3/122
Assist in social media accounts	Obtain photos, etc. and post to Post 281 Facebook page	*Number of hours	3/33 3/122
Disaster Relief	Participate in disaster relief efforts	*Number of hours	2/19 2/122



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Service Participation	Description	Information Required	Pillar/ Line
Coordinate <b>Prisoner of War/ Missing in Action</b>	POW/MIA activities on 3 <sup>rd</sup> Friday in September	*Number of hours	2/20 2/122
Identify Recipients and Present Blue Star Banners	To those who have a family member serving on Active Duty	*Number of hours	2/122
Identify recipients and present Gold Star Banners	To those who have lost a family member while serving their country	*Number of hours	2/122
Produce a Post 281 newsletter	Create, edit, and distribute a Post 281 periodic publication	*Number of hours	3/30 3/122
Edit the Post 281 Handbook	Format, content and consistency with Post 281 Constitution and By-Laws	*Number of hours	3/122
Coordinate <b>Homeless Veterans</b> activities	Coordinate Post 281's participation in Homeless activities	*Number of hours	6/38 6/122
Participate in career and job fairs	Opportunity to extol American Legion membership	*Number of hours	6/39 6/122
Solicit nominations and submit for awards	Awards for veteran representatives and veteran employers	*Number submitted *Number of hours	6/44 6/45 6/46 6/122
Identify candidates and present awards	For awards in TAL's "Membership and Awards" publication	*Number submitted *Number of hours	6/47 thru 6/62 6/122
Sponsor a person to attend <b>Boys State</b>	Selected high school students learn about government and the U.S. Constitution	*Number sponsored *Amount donated *Number of hours	3/53 3/54 3/122
Participate in citizenship/naturalization activities	Helping others in gaining citizenship	*Number of hours	3/56 3/122
Identify and coordinate sponsorship to youth baseball teams	Identify and submit nominations to Executive Committee	*Number of teams sponsored *Amount spent *Number of hours	3/57 3/58 3/122
Sponsor athletic teams other than baseball	Identify and submit nominations to Executive Committee	*Number of teams *Amount donated *Number of hours	3/59 3/60 3/122



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Service Participation	Description	Information Required	Pillar/ Line
Coordinate sponsorship of a scout troop/ den/pack, etc.	Identify and submit nominations to Executive Committee	*Amount donated *Number of hours	3/63 3/122
Assist in <b>Oratorical Contests</b>	Identify potential contestants and help in competitions (Nov-Mar)	*Number of Contestants *Amount spent	3/65 3/66 3/122
Participate in <b>School Award Program</b>	Nominations for awards submitted to Executive Committee	*Number of awards *Number of scholarships *Number of hours	3/67 3/68 3/122
Participate in <b>American Education Week</b>	School activities in mid-November	*Number of Scholarships *Amount spent *Number of hours	3/69 Thru 3/72 3/122
Participate in <b>Veterans in the Classroom</b>	Visit schools and talk about veterans and your own story	*Amount spent *Number of hours	3/73 3/122
Participate in <b>Flag Day</b>	Flag education ongoing; Unserviceable Flag Ceremony – June 14	*Number of hours	3/75 3/122
Participate in <b>Get Out the Vote</b>	Encourage voter participation – elections	*Number of hours	3/76 3/122
Participate in <b>Veterans Day Activities</b>	November 11 ceremony	*Number of hours	3/77 3/122
Participate in <b>Memorial Day Activities</b>	Last weekend in May	*Number of hours	3/78 3/122
Participate in <b>American Legion Birthday</b>	March 14	*Number of hours	3/79 3/122
Participate in <b>Four Chaplains Sunday</b>	Feb 3	*Number of hours	3/80 3/122
Participate in <b>Community Service</b>	Volunteer for non-profit organizations; local governments	*Number of hours *Amount spent	3/81 3/82
Participate in <b>Junior Sports Shooting Club</b>	TAL's gun safety education and marksmanship program	*Number of participants *Number of hours *Amount spent	3/83 3/84 3/85 3/122
Participate in <b>Youth Cadet Law Enforcement</b>	For those who completed their junior year in high school	*Number of youths *Amount spent *Number of hours	3/86 3/87 3/88 3/122





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Service Participation	Description	Information Required	Pillar/ Line
Participate in <b>National Day of Prayer</b>	First Thursday in May	*Number of hours	3/89 3/122
Participate/Coordinate <b>Child &amp; Youth Activities</b>	*Child Safety *Gateway Drugs *Suicide *Missing Children *Child Welfare Foundation	*Number and type of efforts *Cash provided *Value of goods provided *Number of children helped *Number of hours	4/90 thru 4/94 4/96 4/122
Participate in <b>Halloween Safety/Activities</b>	Helping children and parents in making Halloween as safe as possible	*Number of hours	4/95 4/122
Participate in <b>Child &amp; Youth Month -- April</b>	To demonstrate that the American Legion Family is committed to its community, and especially its children.	*Number of hours	4/97 4/122
Participate in <b>National Family Week</b>	*To promote and celebrate healthy families and communities *Week of Thanksgiving	*Amount spent *Number of hours	4/98 4/99 4/122
Identify and submit requests for <b>Temporary Financial Assistance</b>	Assist Post in calling upon National for cash assistance to help maintain the basic needs of active-duty servicemembers or American Legion members.	*Amount spent *Number of hours	4/100 4/101 4/122
Participate in other child service charities	To those not previously identified	*Amount spent *Number of hours	4/103 4/122
Participate in American Legion <b>Veteran &amp; Children Foundation</b>	To fund service officer training; provide free assistance for disabled veterans; and, to extend a financial safety net for needy military and veteran families with children.	*Amount spent *Number of hours	4/104 4/105 4/122



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Service Participation	Description	Information Required	Pillar/ Line
Participate in <b>American Legion Riders (ALR)</b>	Known for their charitable work, raising hundreds of thousands of dollars for local children's hospitals, schools, veterans homes, severely wounded servicemembers and scholarships	*Number family members in group *Number hours	4/106 4/107 4/122
Participate in ALR <b>Legacy Run</b>	Annual event to raise money for the Legacy Scholarship Fund, established to provide scholarships to children of U.S. military personnel killed since Sept. 11, 2001	*Cost to Post *Number of hours	7/108 7/108 7/122
Sponsor self, son or grandson in <b>Sons of the American Legion</b>	Include males of all ages whose parents or grandparents served in the U.S. military and were eligible for American Legion membership	*Number of Sons *Number of hours	7/110 7/111 7/122
Participate in <b>National Emergency Fund</b>	Meets the needs of both the community and individual Legion Family members in the wake of disasters such as hurricanes, tornadoes, earthquakes and wildfires.	*Cost to Post *Number of hours	7/112 7/113 7/122
Participate in <b>Amateur Radio Club</b>	Identify yourself as a licensed amateur radio operator. Join others.	*Cost to Post *Number of hours	7/114 7/115 7/122
Participate in <b>Buddy Check</b> calls	*I'm OK. You OK? Opportunity to validate phone numbers and offer assistance to members *Oct/Nov and March	*Number called *Number of hours	7/116 7/117 7/122



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Service Participation	Description	Information Required	Pillar/ Line
Assist Post Service Officer and/or VSO in hosting a <b>Veterans Service Day</b>	Held in public locations where service officers can help, provide information and support to veterans regarding claims, benefits, rights, and employment assistance.	*Number events hosted *Number of hours	7/118 7/119 7/122
Donate or hold a fund raiser for <b>Operation Comfort Warriors</b>	Program to provide “non-essentials” that help wounded warriors in their recovery	*Amount donated *Amount raised *Number of hours	7/120 7/121 7/122
Participate in other Post fund raisers	*Tree sales in March *Flag Sales in May *Reverse Raffle every other year	*Amount raised *Number of hours	7/121 7/111

No one can do everything --  
but everyone can do something.

If you prefer not to commit to any specific service, let me put you on a volunteer email roster that will be used when needs arise.

[johnherkopost281mj@gmail.com](mailto:johnherkopost281mj@gmail.com)