



# American Legion Tyler Cates Post #281 November 2021 Newsletter



(Mailing) PO Box 67, Mt. Juliet, TN 37121

(Meetings) Senior Activity Center, 2034 N Mt. Juliet Road, Mt. Juliet, TN 37122

<https://www.mtjulietalpost281.com/>

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Post meetings are held the 2<sup>nd</sup> Tuesday of each month 6-8 pm, Mt. Juliet Senior Activity Center (MJSAC).

- Parking and Entrance is in the rear of the building, located next door to the Church of Christ.
- Each month our Sergeant-at-Arms provides Pizzas and sodas during the meet and greet time before the regular meeting starts. **Come join us!**

## UPCOMING CALENDAR OF EVENTS:

- 11 December – Annual Mount Juliet Christmas Parade
- 14 December – Christmas/Holiday Dinner – Rutland Senior Living Center (COVID CDC Dependent)
- 4 January -- Executive Committee Meeting
- 11 January – Regular Meeting at MJSAC

### FROM THE COMMANDER:

Fellow Legionnaires, family, and friends

The American Legion was founded in 1919 on four pillars: Veterans Affairs & Rehabilitation, National Security, Americanism, and Children & Youth.

We hope that this newsletter finds you and your families healthy and doing well and want to wish everyone a Happy Thanksgiving.

Post 281 Christmas/Holiday dinner will be held on 14 Dec at the Rutland Senior Living Center Banquet Room. The Roast Beef or Vegetarian meal is \$25 per couple. In order to finalize meals to be prepared, cut-off is 14 days prior, so please respond no later than noon 30 Nov. As of this writing we have 52 participants signed up. Please send an email or text to Steve Iles to [stepheniles5858@gmail.com](mailto:stepheniles5858@gmail.com) 615-419-5009 or to me at email/phone above. Those not already paid may do so at 5:30pm at the entry. Please get signed up ASAP.



Our Post and Auxiliary will participate in Mount Juliet's 11 December Christmas Parade at 11:00 am. Line up no later than 10:00 am. Auxiliary President Gwynne Queener worked with Mount Juliet Parks and Recreation Department and the US Army National Guard to provide 5 HWMMV's for our Grand Marshals. Members and backups below will be Grand Marshals from different conflict eras in the "Parade of Heroes".

Korea---Rolus Smith/Don Golden

Vietnam---Dick Leedy/Lew Hightower, Mike Faoro, Steve Wren and Bobby Neal

Lebanon/Grenada---David Hale/Dan Walker

Gulf War-Persian Gulf/SWA---Shawn Taylor/Mike Moss, and Carl Puels

GWOT/Iraq (OIF)/Afghanistan (OEF) --- Terry Ward / Tom Buckton

Grand Marshals designates will be transported from the MJSAC in the 14 passenger van to meet up with their HMMWVs at the head of the parade. The van will return to the MJSAC and pick up others, to ride in the parade too. We will have 3 classic cars and two others for the Auxiliary donated by Two Rivers Ford.

ALR Director Keith Rowell has commitments for 20 riders to participate. Cmdr Wix will drive the MJSAC 14 passenger van for the backups and others to participate in the parade. There will be 4 additional vintage vehicles for Legionnaires riding in the parade.

Membership remains as our strength and ability to meet our mutual obligations to the four pillars. We had 36 members and guests in attendance. We currently have 244 members. We look forward to more members joining our gatherings in the future. We ask that membership dues be paid during our monthly meetings in person by cash or check. You may also pay by mailing dues payments to our PO Box 67 address above. Dues are \$45. 2022 membership renewal began last 1 July. Please use [mylegion.org/PersonifyEbusiness/Home](http://mylegion.org/PersonifyEbusiness/Home) and validate your contact data and can renew online. The user email address must match the email address in the Legion database for your account, not a new one.

Welcome to new members Eric Larios and Dennis Buchanan.

The National American Legion's recommended "Buddy Check Program" continues. This is to ensure everyone is well and see if you are in need of assistance. When you get those phone calls, you'll know why. We continue to seek volunteers to assist in this.

Our Post participated in Halloween in the Park activities at Charlie Daniels Park on 23 Oct. The candy give away started about 10am and lasted until 3pm. Past Commander Lew Hightower was our lead for this event. He was joined by SAL President Dan Rhame, 1<sup>st</sup> Vice Cmdr Pat Costanzo, Cmdr Max Wix, Member Gloria Wix and Auxiliary Member Shanna Puels.

Honor Guard Cmdr Steve Wren represented our post with the Wilson County Veterans Advisor Council meeting discussing Veteran's Day Parade and Ceremony. Commander Wix, our Honor Guard and all veterans' organizations commanders participated in a series of events in the Wilson County Courthouse

followed by a wreath laying ceremony at the Veterans Museum Plaza at 11:00 with Post 281 Honor Guard performing a firing detail. Following this event, the Honor Guard detail moved to another Veterans Day Event at Mount Juliet's Del Webb Lake Providence Community.

We seek additional members for the Finance Committee, as we will start the 2022 Budget Process.

On 2 November, the Wilson County Sheriff's Office Senior Citizens Awareness Network (SCAN) Director Debbie Pare' and her Deputy Director Donnie Marks visited with our Executive Committee. We have committed to supporting individual projects as presented for help of needy veterans. We will include this in our forthcoming budget.

During the 9 November regular meeting Avalon Hospice Care, Lebanon representative Diana Busch presented useful information.

Please continue to keep your thoughts and prayers for our ill members and their family members. Included are the following members: Lew Hightower, George Barnes, Bill Houston, Ray Forester, and Will Sellers. If I have missed someone, please let me know.

May the Great Architect of the Universe bless our nation and hold us in the Palm of His Healing Hands through this trying time for the world.

Respectfully,  
Max Wix, Commander

#### **HONOR GUARD**

There is no greater honor we may bestow upon a fellow veteran and their family than participating in ceremonies celebrating their life and service to our nation. Many posts in our state do not offer these services. Our Post 281 Honor Guard is in high demand, but due to the limitations of some active members, we are limiting these events to Wilson County. Don't want to burn out those who can and will participate. The Honor Guard seeks volunteers to assist in Funeral Details and public functions. Uniforms are provided at no cost to the volunteer, and transportation when needed.

### *Concept of Mt. Juliet's "Future" Military Wall of Honor*

Since the last meeting (9/14/2021) the Honor Guard provided military honors for 5 deceased veterans.

On 10/14/2021 the Honor Guard provided military honors for a veteran of the U.S. Army at the Middle Tennessee Veterans Cemetery.

The following members participated: Steve Wren, Mike Faoro, Pat Costanzo and Cary Cundall.

On 10/20/2021 the Honor Guard provided military honors for a veteran of the U.S. Army at the National Veterans Cemetery.

The following members participated: Steve Wren, Mike Faoro, Pat Costanzo and Cary Cundall.

The following 7 members of the Color Guard participated in the 11/11 Veterans Day Ceremony at the Veterans Plaza in Lebanon (Firing a 3 round volley and playing taps).

Steve Wren, Mike Faoro, Brenda Thompson, Cary Cundall, Pat Costanzo and Grady Thompson. Bud Werner observed the team.

The total military honors rendered from our 2010 inception of Post 281 and the Honor Guard Team in 2011 now stands at 412.

### **The American Legion Auxiliary Unit 281**

The ALA Unit 281 met Tuesday September 14, 2021 at 7:00 pm. at the Mount Juliet Senior Activity Center in the sewing room. All are welcome to attend. We received donations of hygiene items and delivered them to Operation Stand Down. This included personal hygiene items, T-shirts, underwear, socks, gift cards, fuel cards, backpacks, Track Phones (and minute cards).



The American Legion Auxiliary Unit 281 continues selling bricks to build a Military Wall of Honor in Robinson Park at North Mt. Juliet Road. You can sponsor a name of any veteran, up to 18 letters. The bricks are \$40.00 each and can be purchased by picking up a brochure online: [www.thatsmybrick.com/ala281](http://www.thatsmybrick.com/ala281), or contact ALA President Gwynne Queener at 615-773-1977 or [gwynnequeener@gmail.com](mailto:gwynnequeener@gmail.com). Plans are to break ground in the spring of 2022.

### **American Legion Riders Post 281**

ALR Director Keith Rowell seeks Post 281 members to join with the ALR. ALR members must be a member of Post 281, the Auxiliary, or the SAL 281. To join this unit you need a Motorcycle, Trike or Slingshot, 500ccs or greater. We socialize and participate in funeral honors for Veterans and support Post 281 events and meetings. Post 281 American Legion Riders participated in the Lebanon Veterans Day Parade. In November we will return to the Golden Corral and a monthly ride is scheduled. Come show off your ride!

### **Post 281 Sons of the American Legion**

SAL President Dan Rhame, Adjutant Lew Hightower and Treasurer Joe Chilando continue their membership renewal drive. SAL membership criteria are located at <https://www.legion.org/sons>. If you are a post member, and/or your ancestor was a member of the military, you can be a member of the SAL too. Or, if your son, who has no military service, would like to be a part of our Post's SAL, let us know.

### **Service Officer News You Can Use**

By Robert Hibbett, Service Officer

### **The Veterans Affairs Tennessee Valley Healthcare System (TVHS) advises Veterans to have breast cancer screening**

October 21 was National Mammography Day. Women's health at Tennessee Valley Healthcare System wants female and male Veterans to know early detection is the key to treating breast cancer. TVHS recommends women Veterans to get their mammogram annually starting at age 45 through 54. In some situations, patients can schedule mammograms between ages 40

and 44. At 55, it's recommended to get screened every two years. For men, imaging is completed when there is a possible concern or lump found. Veterans can call the mammography department directly to schedule their appointment at 615-873-8335 or 615-225-4896. They are strongly encouraging every female Veteran to get a mammogram sooner than later.

If a Veteran has not enrolled in Veterans Affairs health care yet, call 1-877-222-VETS or sign up on [www.va.gov](http://www.va.gov), or apply in person at the Nashville or Murfreesboro VA campuses.

### **Veterans Administration Benefits**

Access this Veterans Administration website and manage your VA Benefits and Health Care benefits: <https://www.va.gov/>

### **Wilson County Veterans Service Director**

Wilson County Veterans Service Office and Wilson County Veterans Museum, East Main Street, Lebanon, Wilson County, TN. Director ZaBrina Seay and Deputy Director Lindsey Roberts mission is to ensure veterans receive quality care, support, entitlements and the recognition earned in their service to the nation. [wilsoncountyttn.gov/departments/veteran-s-services](http://wilsoncountyttn.gov/departments/veteran-s-services) (615) 444-2460.

### **Tennessee State Veteran Benefits**

Tennessee Veteran Services Department provides property tax relief for disabled veterans, recreational discounts, and motor services among other benefits. The website is [www.tn.gov/veteran](http://www.tn.gov/veteran). 615-741-2345.

### **New Home Loans for National Guard and Reserve Members**

National Guard and Reserve members without active duty service are now eligible to receive VA home loans. The new law makes Guard and Reserve members who have at least 90 days of service eligible for the home loan program, 30 days must have been consecutive.

[www.tennesseevalley.va.gov](http://www.tennesseevalley.va.gov)

**The Tennessee Valley Healthcare System (TVHS)** continues to provide CDC guidance and information on COVID-19 vaccines.

### **TVHS Veteran Patients' Visitors and Guest Policy.**

<https://www.tennesseevalley.va.gov/news/Changes to Visitor Policy.asp>

**Transportation to and from the VA TVHS at Nashville and Murfreesboro is available. Veterans Transportation Program (VTP).** Veterans have to make an appointment with the VA in order to participate in these rides. You must call "during the last full week of the previous month (October for an appointment during November)." One day prior, you will receive a re-verifying call and confirm pick up time. 615-225-5616. <https://www.dav.org/veterans/i-need-a-ride/>

### **Options for non-VA Rides:**

#### **Mid-Cumberland Senior Rides 800-945-4125**

<https://www.mchransit.org/schedule-a-ride>

They will take you anywhere within middle TN. \$10 each way. Must call several days in advance.

#### **Wilson Rides: <https://wilsonridesinc.org/>**

Membership is required to use this service, complete a short in person, at home evaluation to insure eligibility (55 and up). Call the Wilson Rides office Gaye Lynn Wilson at 615-622-5557 for more information.

**Special Information regarding limited use of UBER for a medical appointment.** POC is Yaremi Ruiz, Social Worker 615-284-6967. Once approved, you are entitled to one round trip per month, for free, and this includes one chaperone to assist you.

#### **Mid Cumberland Meals on Wheels.**

<http://www.mchra.com/meals-on-wheels>

Anyone age 60 and older who is home bound, or meets the needs as determined by state guidelines, is eligible for Mid-Cumberland Meals-on-Wheels.

#### **Boy Scout Troop 150**

By Scoutmaster Michelle Oakley

Several members of Troop 150 recently participated in a hike at Montgomery Bell State Park. We're hoping for good weather for our monthly service project of delivering food boxes to our neighbors in need. We will serve with a smile! Backpacking trips, holiday parties, and possibly some cold weather camping will fill the next couple of months before we break for the holiday season.