

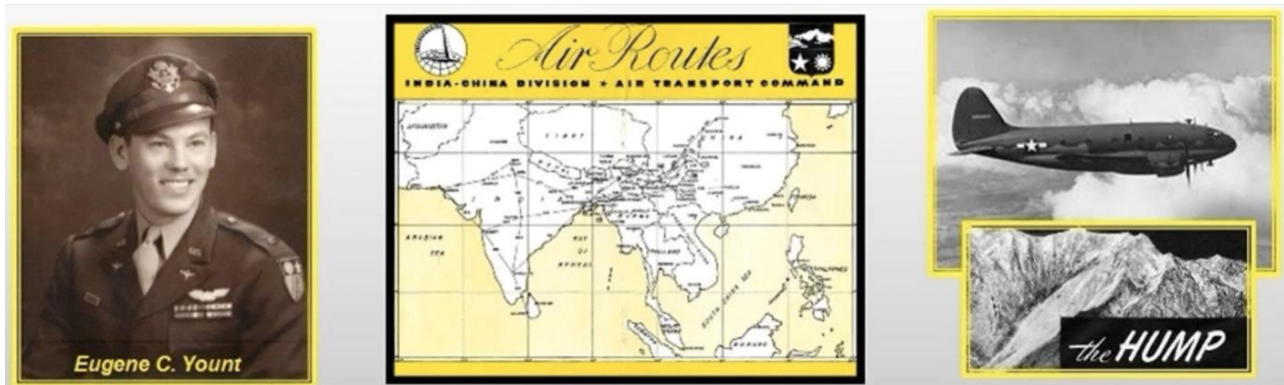


EUGENE C. YOUNT

Post 145

PEORIA, ARIZONA

Member Handbook



“SERVING ARIZONA SINCE 2015”

October 2025

CONTENTS

Commander’s Welcome Letter.....	3
Monthly Meetings.....	4
Social Media Sites for the Post and Legion.....	4
The American Legion & Post 145 - Short History.....	5
Uniform for Legion Meetings / Events.....	5
Legion Language and Protocols.....	6
The Preamble of The American Legion Constitution.....	6
No Partisan Politics.....	7
Annual Dues.....	7
Member Information.....	7
The American Legion’s Four Pillars of Service Program.....	8
The American Legion Training Programs	9
Post 145 Governance and Leadership.....	11
Vision of Post 145.....	11
Mission of Post 145.....	11
Constitution and By-Laws	12
Post 145 Leadership Duties.....	12
Contact Information for Post 145 Officers.....	14

Commander's Welcome Letter

On behalf of our Officers and Members, I welcome you to Eugene C. Yount Post 145, District 11, The American Legion Department of Arizona. Your membership in this Post will be a great experience as you associate with others of same mind and spirit. **Again, I was elected your Commander for a Third Term, 2025-2026.** As such we have exciting things to bring this coming year that I hope you will all share in the greatness it brings.

We meet monthly on the third Wednesday. I clearly understand that some will attend in person, while others may face medical, transportation, or other difficulties. To accommodate the needs of our membership, we have kept up with technology and will broadcast all our General Membership Meetings so you can see or hear them on computers, iPads, or cellphones, wherever you are. Try to attend meetings in person for the fellowship opportunities, but if unable, join us via a published **ZOOM link** that will be provided.

The American Legion is focused on four main Pillars: *Americanism, Children and Youth, Veteran's Affairs and Rehabilitation, and National Security*. As you learn about and experience more with the Legion, you may develop greater interests in the Pillars and desire to serve on one of the related committees we have. If so, please be sure to let me know and I'll set you up. If you are unable, that is fully understood. I just ask that you consider participating within your personal capabilities. In short, **"Be The ONE, I'm The One"** as you can.

Effective communications is the key to the success of any organization. You will find that I will send, as necessary, messages that will be of use to you, to include special notices of events and opportunities. Our passive modes of communication allow you to refer to our Website and Facebook page. As we set policy and procedures, you will also receive occasional surveys to allow you to voice your opinions and concerns. We will grow stronger by learning of challenges and resolving those through effective communications.

Of all the things we do in the Post, my "number one priority" is the "well-being" of each member and his/her family. Expect a call, or other message, from Post volunteers who'll simply say "HI" and see if there are any needs we may be able to assist with. Know there is a "friend on the other end" who is representing me as I address that "number one priority." **With over 370 members now**, I ask that you consider becoming part of the "Buddy Check" calling team. You'll be amazed at the friends and associations you'll make with just a few minutes on the phone with a fellow vet every six to eight weeks.

We are not perfect, but that is not required as long as we remain united in purpose and execution. I look forward to knowing you better as we serve our nation, state, community, and each other, in the ways our personal talents and capabilities allow.

Again, WELCOME ABOARD, I look forward to meeting with you in the future!

Sincerely,

Doc J.

Paul G. Johnson
Commander
Eugene C. Yount, Post-145
The American Legion

Monthly Meetings

- Location: 20025 N 81st Ave Peoria, AZ 85382 (Arrowhead Valley Apartments, see website directions)
- Executive Committee Meeting: Second Wednesday, 1800
- General Meeting & Dinner: Third Wednesday, 1730
complementary dinner provided. General Meeting from 1800 to 1930
- Attend the meeting in person, but if unable, you can join us via a ZOOM Link on your electronic devices. (Web site has details)



Shortly after the General Meeting begins, we occasionally have a program guest speaker who provides presentations pertaining to veteran's issues and interests for approximately 30 minutes. If you have questions or suggestions for the guest speaker program, please contact one of our Post 145 Officers at the link on our website, left side tabs.

Social Media Sites

Post 145 Web Site: www.eugeneyountpost145.org

Post 145 Facebook page: [American Legion Post 145-Eugene C. Yount](#)

We will also be sending out a NEWSLETTER highlighting our upcoming events and future of the post.

Our Post 145 website is a good and easy to use resource where you can find information about Post 145 and The American Legion. You can also find links to our Post Facebook page and other online Legion resources.

On our Post 145 website, you can find:

- Legion News, Post Activities & Newsletters
- Post 145 History and Photos
- Information on how we honor our veterans
- Veterans Services and VA Benefits
- Information Resources for Post leaders & members
- Post Leader Contact information
- Boosters and Sponsors
- Facebook Page: American Legion Post 145
- Meeting minutes
- Dues and Donation methods
- **And much more...**

The American Legion Short History

The American Legion began in **1919**. It is the nation's largest and most influential veteran's service organization. All our American Legion Family, from The American Legion, American Legion Auxiliary, Sons of the American Legion and our American Legion Riders work together as patriotic Americans to serve America and her veterans.

Since our very first meeting in Paris, France, The American Legion has maintained a vision for a strong America. Our four pillars of service are: Americanism, Children and Youth, Veteran Affairs and Rehabilitation (VS&R), and National Security.

Since 2015, the Eugene C. Yount American Legion AZ, Post 145 has been welcoming Veterans from all branches of our Armed Forces. Today, we continue to welcome all military personnel serving our country.

Joining Post 145 enables you to continue serving God, Country, Community and Corps, as we realize the goals, aspirations, dreams, peace, and blessings for our country, friends, and families.

Post 145 is over 450 members strong and growing. It is an integral part of the greater Peoria community and a proud advocate for Veterans on the local, state, and national level.

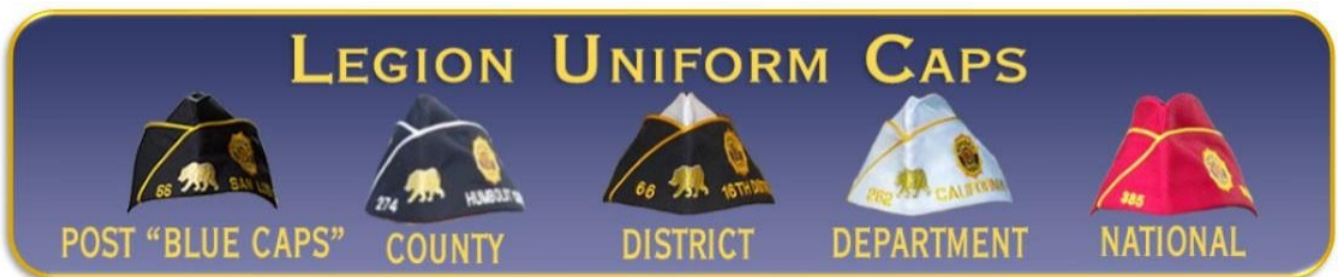


The American Legion Uniform

What is the official uniform of The American Legion? "A Legionnaire is in uniform if wearing an official American Legion Cap."

Please wear your Legion uniform in public when doing the good work of Post 145. Wearing the Legion uniform keeps us in the public eyes (literally). Being seen in The American Legion uniform cap is a very important element in our public relations and marketing efforts.

There is no benefit to Legionnaires being invisible to the public as we do the work of the Legion, so please put yourself out there as proud members of The American Legion and Post 145 by wearing your uniform cap.



Legion Language and Protocols

New Legionnaires often find the following information helpful:

- Meeting Conduct in **Robert's Rules of Order**, Newly Revised, governs the conduct of Post meetings
- Ceremony Dignity. The ceremonial services of The American Legion are conducted with the solemnity befitting the dignity of this organization.
- POW/MIA Empty Chair. The POW/MIA empty chair is placed at all official meetings of The American Legion as a physical symbol of the thousands of American POW/MIAs still unaccounted for from all wars and conflicts involving the United States of America.



Gavel. The Commander's gavel is a symbol of authority & ensures orderly meetings.

- One tap is a message to the members:
 - The meeting is about to be called to order
 - To be seated following the opening ceremony -
The completion of a business item
 - Follow the announcement of adjournment
- Three taps of the gavel are the signal for members to stand on the third tap
- A series of sharp taps is used to restore order at a meeting



Silent Tribute. Legionnaires standing in silent tribute in memory of departed comrades during meetings or ceremonies will face the U.S. Flag with Legion cap, or hand, held over their heart.

The Preamble of the American Legion Constitution

- For God and Country, we associate ourselves together for the following purposes: •
 - To uphold and defend the Constitution of the United States of America;
- To maintain law and order;
- To foster and perpetuate a one hundred percent Americanism;
- To preserve the memories and incidents of our associations in all wars; To inculcate a sense of individual obligation to the community, state and nation; To combat the autocracy of both the classes and the masses;
- To make right the master of might;
- To promote peace and goodwill on earth;
- To safeguard and transmit to posterity the principles of justice, freedom and democracy;
- **To participate in and contribute to the accomplishment of the aims and purposes of The American Legion; (American Legion Auxiliary ONLY)**
- To consecrate and sanctify our comradeship by our devotion to mutual helpfulness.

No Partisan Politics

The American Legion is a (501-C19) non-profit corporation and is absolutely non-partisan.



Annual Dues

Post 145 membership dues are determined annually.

Renewal opens on **July 1** and is considered **past-due after December 31.**



We recommend you pay your annual membership dues online using details and methods provided on the Post website or use three year option on National website and make it easy. (our dues have not changed)

PUFL stands for Paid-Up-For-Life membership. At Legion.org you can request a personal quote and payment information for the cost that would apply. **(Dues are what run our organization not DONATIONS)**

Member Information (MyLegion.org)

Accurate and up-to-date member information is important for any organization. We are very fortunate in The American Legion that every member can take an active role in keeping their information accurate and up-to-date using the myLegion.org "members-only" web portal. This requires a Member Account be established in MyLegion.org.



Once your personal MyLegion.org Member Account is established, select the "MY PROFILE" option to update your information or print a copy of your membership card. In addition to updating your personal profile information, you can also:

- Subscribe to electronic newsletters
- View past editions of the Legion Magazine
- Make donations in the "Giving Made Easy" option
- Find out about special offers available to Legionnaires
- Shop
- Donate
- So many benefits and more...



DONATE

JOIN

MEMBERSHIP

SUBSCRIPTIONS

GIVE

RESOURCES

SHOP

CONTACT

The American Legion's Four Pillars of Service Programs

In 1919, The American Legion was founded on four pillars: Veterans Affairs & Rehabilitation, National Security, Americanism, and Children & Youth. Each of these pillars encompasses a variety of programs that benefit our nation's veterans, its service members, their families, the youth of America and ordinary citizens. These programs make a difference in hundreds of thousands of lives each year.

Our organization's positions and programs are guided by resolutions passed by American Legion National Convention delegates, and committee and commission members who represent nearly 2 million wartime veterans and their families. These programs, and the men and women who take the time to perform them, are what allow The American Legion to make a difference locally, and on the state and national levels. It's who we are and what we do. Examples of such programs we support in our Post are as follows:

Pillar I – Veterans Affairs & Rehabilitation

Access to VA Health Care

Arizona State Home

Career Opportunities for Veterans

Final Respects Services

Operation Comfort Warrior

Operation Enduring Gratitude

Operation Shockwave

Soldier's Best Friend

Special Operations Warriors

Veterans First Programs

Veterans Treatment Court

Pillar II – National Security Accounting of all POWs / MIAs

Blood Drives

Foreign Relations

Harvest Compassion Center

Homeland Security

Military Quality of Life

Operation Comfort Warrior

Size of the Armed Forces

Strong National Defense

Support for the Troops

Pillar III – Americanism

American Legion Baseball
Arizona Law Enforcement Officer of the Year
Award Arizona Teacher of the Year Award
American Legion Law Enforcement Academy
American Legion Legacy Scholarship
Boy Scouts of America Boys State / Nation
Eagle Scout of the Year Scholarship Flag Education
High School Oratorical Competition JROTC
Junior Shooting Sports

Pillar IV – Children & Youth

Catastrophic Illness
Child Exploitation
Drug Abuse
Endowment Fund
Family Integrity
Family Support Network
Intellectual Disabilities
Immunizations for Needy
Children Media Violence

The American Legion Training Programs

Training also helps teach organizational values and identify future post leaders. Conversely, the lack of effective training can lead to losing our focus on success and can limit our operational performance.



On the National website at <https://www.legion.org/training>, you will find that effective and comprehensive training is important to the success of our Legion. Quality training improves our ability to succeed by improving member involvement and operational performance.

Many who accept leadership roles in The American Legion demonstrate initiative and are often self-motivated by a desire to serve others. They seek out training because they want to become stronger, better-informed leaders. Here are a few currently available training mediums most Legionnaires find helpful:

- **“This is The American Legion”** is an excellent short video every member of our Legion Family should watch. This video is available on YouTube, at: <https://www.youtube.com/watch?v=qfIQaYvsB8c>



- **Basic Training** is the new official training program of The American Legion for officers and members. **Basic training is required for Post 145 officers.**

To take the course, visit <https://www.legion.org/alei>

- **Arizona Legion College** The Department of Arizona American Legion College was established to enhance the knowledge and appreciation of The American Legion and teaches the core values and contributions of the organization; American Legion Riders, American Legion Auxiliary, Sons of The American Legion and many subordinate programs. The Arizona Legion College will prepare Legionnaires for leadership positions in posts, districts and departments through education, development, and motivation. The curriculum challenges student leaders to think critically and creatively about issues confronting the American Legion. Our post pays the fee to go to this training.
- **Legion Publications** Legion publications are an excellent training resource for those who are self-motivated. The Publications page of The American Legion web site is a good place to find most of them.

Here are a few key publications many find helpful.

<https://www.legion.org/publications>



POST 145 GOVERNANCE and LEADERSHIP

Good post governance is an essential duty of post leaders. It includes a variety of elements and is realized in the long-term success of our post.

Executive Committee members are the Post Commander, First-Vice Commander, Second-Vice Commander, Finance Officer, Adjutant, Service Officer, and Judge Advocate. Additional members may be assigned by the Commander.

Vision

Eugene C. Yount Post 145, Department of Arizona, will serve as a vital resource for the community and its veterans, guiding all to be responsible, participating citizens and leaders sustained by the Four Pillars of The American Legion.

Mission

The mission of Eugene C. Yount Post 145 is to engage with our local citizenry and veterans to accomplish honorable and noteworthy service for the community, state, and nation, epitomizing the values outlined in the Four Pillars of The American Legion.

Key Goals

- Quality service to veterans, their families and community
- Excellence in Leadership Development
- Financial Solvency and Stability
- Sustained Membership Growth
- Successful Programs



Our measure of success in Post 145 is determined through our service to fellow veterans, their families, and our community, while consistently operating as a model of preeminent Post operations.

Constitution and By-Laws

You will find these on our Post 145 website or at this link (click): [Post 145 Constitution and By-laws](#). The Constitution & By-Laws are two of the most important documents in our post operation. They are found on our Post website or copies may be obtained from our Post Adjutant.

Post 145 Leadership Duties

In The American Legion and Post 145, leadership is provided by volunteer members like you. You may want to serve as any number of Post positions such as: Post officers, committee members, chair and men-tors to new members. Post leaders have the initiative to provide honorable and noteworthy service to our veterans, their families and the communities we serve.

Many believe leadership is not something you are born with and it cannot be awarded or appointed. For many, true leadership is something learned and earned through the hard work of service to others. Legion leaders must have stellar character and transparent integrity.

Post leaders give an adequate commitment of time, sufficient personal energy and must communicate effectively, to give our Post strong roots in the communities where we serve our veterans.

Summary of Post Leaders Duties

The Post 145 Constitution and By-Laws are the ultimate reference on Post leader duties. The following descriptions are intended as a generic overview of what many consider key responsibilities of Post leaders:

Post Commander (elected) "First among equals" is a good way to look at the relation-ship of the Post Commander to other Post members. The Commander ensures the Post's vision of success is completed and keeps the Post family together in the process. The Post Commander traditionally serves as the President of the Board of Directors for incorporated posts. The Post Commander is also the voice of the Post, both internal and external to the Post. The Post Commander also works with and through other leaders to complete the Post business, as they are cultivated and guided for future leadership roles.



First Vice-Commander (elected) is the first in line to assume conduct of Post business in the absence of the Commander. The American Legion "Officer's Guide" states that in the majority of posts, a First-Vice Commanders is elected with "membership" being the primary duty. All posts should have a Membership Committee, led by the First-Vice Commander, to help with recruitment and transfers from Post 100 (the National/Department administrative post). He/She also works with renewals, retention, and with ensuring the post routinely has personal (by phone or in person) contact, with every member of the post (commonly referred to as "Buddy Checks"). The Membership Committee is appointed by the Commander in consultation with the First-Vice Commander.

Second Vice-Commander (elected) is the second in line to assume conduct of Post business in the event the Commander and First-Vice are absent. In Post 145, the Second Vice Commander is the designated liaison to other veteran organizations. He/She coordinates new member orientation and oversees Post morale to include entertainment, special programs, and other duties as directed by the Commander. The Second-Vice Commander is also engaged with the scheduling and conduct of informational presentations and fund-raising events.

Finance Officer (elected) Much of the Post Finance Officer's work is defined and determined by standard accounting practices and the needs of the Post. The Post Finance Officer is a person of integrity that helps develop a Post budget and administers the Post book of accounts. Finance Officers also advise Post leaders on the formulating and administering of financial policies, including the annual Post budget.



Adjutant (appointed) whether seen as a Post “First Sergeant” or a Continuity Officer, the Adjutant’s role is critical in the long-term success of our Post. Adjutant is responsible for keeping official records of our Post business, minutes of meetings, and many key administrative compliance duties.



Sergeant-at-Arms (appointed) preserves order at all meetings, ensures members are properly greeted at the door, makes new members feel welcome, oversees flag etiquette/disposal, and performs such other duties as may be assigned to him/her by the Commander. This office is commonly a first of four steps to be-coming Post Commander.



Judge Advocate (appointed) is the parliamentarian for the Post and serves as a legal advisor for all officers and committees of the Post.

Service Officer (appointed) serves as a link between the veteran or dependent and appropriate resources. He/She assists our veterans and their dependents in receiving earned benefits. He/She also attends, when available, Department Service Officer Training.

Chaplain (appointed) is the spiritual leader. He/She is an integral part of all American Legion ceremonies, especially the installation of officers; the initiation of new members; the dedication of halls and monuments; the oversight of funeral services and other rituals that are standard throughout the organization. Our Post meetings begin and end with invocations provided by our Chaplain. He/She also maintains a Post “prayer list” to which members may add names to enlist faith and prayers for others in need.

Committee Chairs (appointed) oversee various areas our Post is involved in with regard to the Four Pillars of the American Legion. Special Committees may be formed to address certain community or state interests of the Post as directed by the Commander and Executive Committee.

Filling of Vacancies in Post Leadership On an annual basis, elections are held for the “elected” positions (generally nominations in April, elections in May, assumption of office in June). The elected Commander, in concert with the elected officers, makes appointments of other key officers to serve on the Executive and other Committees.

If you have any questions or need to make contact with a Post Officer, please refer to the website or the “Post 145 Officer Contact Information” sheet on the next page.

**POST 145 OFFICER CONTACT INFORMATION
(2024-2025)**

OFFICER	NAME	EMAIL
COMMANDER	PAUL JOHNSON	pjchef2000@gmail.com Commander@eugenecyountpost145.org
VICE COMMANDER	ROBERT COLONY	rcolony@cox.net FirstViceCmdr@eugenecyountpost145.org
2 ND VICE COMMANDER	ADAM DELANEY	SecondViceCmdr@eugenecyountpost145.org
ADJUTANT	LYNN SOLACE	Adjutant@eugenecyountpost145.org
FINANCE OFFICER	DON HLADIK	Finance-Officer@eugenecyountpost145.org
JUDGE ADVOCATE	JUDI SMITH	Judge-Advocate@eugenecyountpost145.org
SERVICE OFFICER	MARIE ZAVILLA	mariezavilla@gmail.com Service-Officer@eugenecyountpost145.org
ASST SERVICE OFFICER	BOB PORTILLO	portillo0b@hotmail.com
CHAPLAIN	JOHN LOW JEFF O'DELL	Chaplain@eugenecyountpost145.org
SERGEANT-AT-ARMS	TBA	Sgt-at-Arms@eugenecyountpost145.org
MEMBER AT LARGE	TOM CASSIE	tcassie55@yahoo.com
MEMBER AT LARGE	DOUG PATTERSON	
WEBMASTER(S)	DAN MADORE LUIS SIMPSON	dan62.madore@gmail.com lsimp1975@gmail.com Post145@eugenecyountpost145.org