



3rd District FYI

this issue

Issue Number: 13
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Commander's Page **P.1**

Chaplain and SAL Notes **P.2**

Health FYI **P.3**

Tech Corner **P.4**

Tech Corner Cont. **P.5**

Around District **P.6,7**

Conference
Schedule

Department
Commander Tour

August 18th

6 pm

Commons in

Collegedale

\$15 for meal

District
Commander's
Visits

August 4th
Etowah Post 11

District Commander
Ron White

District Adjutant
David Sherrill

District Membership Chairperson
Carla Bell

District Training Chairman
Robert Crawford

District Finance Chairman
Freddie Parris

3rd District Website
talt3rd.org

3rd District Email

District 3 Commander Ron White

basketguy@bledsoe.net

website: talt3rd.org

Commander's Score

There are three things the Department Commander stressed in one of our meetings at the Department Convention concerning how to keep a post healthy.

1-Meet Regularly: A post which doesn't meet regularly is saying to its members forget being organized, having a purpose, and what we do lacks importance.

2-Have Speakers/Activities: Members will think, we really want to attend and hear something new, or be excited about some activity held at the post. My home post Soddy Daisy 107 had a brass band playing on the 19th of July. We had a combination of food bought from a vendor and home-made desserts. It was one of the best post meetings I have ever attended!

3-Get Involved with the Community: When we help with our communities, we are doing what being a legionnaire is all about. The thing I keep hearing from younger men and women is how they want to be part of a team which meets the needs of others. The younger group of veterans are family oriented and want to be part of programs which supports families as well as their communities.

I will be visiting Post 11 Etowah on August 4th. I hope to see many of you on the 18th for the Commander's Tour. Each post needs to be represented as the Department Adjutant will have important supplies and information to pass out.

Please welcome Robert Crawford, Adjutant of Post 107, Soddy Daisy as the 3rd District Training Chairman, and Freddie Parris, Member Post 95 East Ridge as the 3rd District Finance Chairman.

Chairman positions needing filled:

Boys State - Junior Shooting – Baseball – JROTC. I would like to hear from anyone interested in Ham Radio, and Boy Scouting.

Few programs illustrate The American Legion's commitment to wounded military personnel more than Operation Comfort Warriors (OCW). It is a prime example of the organization's dedication to care for those who are recovering from injuries or illnesses sustained while protecting America. For those servicemembers who have suffered physical or psychological wounds, OCW assistance helps supplement the high-quality care provided at military hospitals in the United States and abroad. OCW donations play important roles in the rehabilitation and quality of life for wounded troops. For example, sports equipment helps boost servicemembers in adaptive therapy programs by helping them regain strength and rehabilitate injuries. Items such as softball and golfing equipment, pool tables, electronic dartboards, and fishing gear entertain and build camaraderie among patients. Geoffrey Quevedo, an Afghanistan war veteran who lost his leg and most of his arm, appreciates OCW. "It feels good knowing that people like the Legion will step in, knowing that they don't have to. It's not mandatory. It's nice to see how they appreciate us and we certainly appreciate them."

How to Help:

Visit www.legion.org/donate to make a donation. You can also mail checks Operation Comfort Warriors, PO Box 361626, Indianapolis, IN 46236

District Chaplain

As we go out on any given day in the crazy society we live in, we would do well to remember the Lord is leading and guiding our steps. As brothers and sisters in arms and as members of the American Legion we also have each other we can lean on. Pick up the phone and give someone a call. It will make his/her day by letting that person know you are thinking about him/her. Remember, Jesus loves you and so do I. The Scripture which goes with this message is John 3:16 (King James Version), "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life,"

Wishing Everyone Peace and Joy.

Stephen Powell
3rd District Chaplain
Dept. of TN

District SAL Commander

Greetings! My name is David Curler and I am the Sons of the American Legion Detachment of Tennessee Third District Commander.

The Sons of the American Legion (SAL) was founded in 1932. The purpose of this was that Lord willing there would be no more wars and the male descendants of American Legion members would carry on the proud heritage and programs of the American Legion.

The SAL places high importance on preserving our American traditions and values, improving the quality of life for our nation's children, caring for veterans and their families, and perhaps most importantly, teaching the fundamentals of good citizenship.

The SAL has study programs recommended for younger members. One such program, called "The Ten Ideals," teaches the elements of patriotism, health, knowledge, training, honor, faith, helpfulness, courtesy, reverence and comradeship. If a member completes the Ten Ideals program, he is eligible to continue with another program called the "Five-Point Program of Service." This program covers patriotism, citizenship, discipline, leadership and legionism.

The eligibility requirements to join the Sons of the American Legion are: All male descendants, adopted sons, and stepsons of members of The American Legion, and such male descendants of veterans who died in service during World War I, and December 7, 1941, to date, as set forth in Article IV, Section 1, of the National Constitution of The American Legion, or who died subsequent to their honorable discharge from such service, shall be eligible for membership in the Sons of The American Legion.

I am writing this because there are 17 American Legion Posts in the Third District but only three have SAL squadrons. Starting a SAL squadron can be an asset to an American Legion Post. They can assist with fundraisers, work in conjunction with the Post on community events, assist with Veterans Affairs, the list is endless.

For more information about the Sons of the American Legion go to www.legion.org/sons. If your Post is interested in starting a SAL squadron or you would like more information, please contact me at salthirddistrict@att.net.

Start Your Day with Mindfulness *Five morning routines to reduce stress*

Everyone experiences stress at times. You may feel stress due to the ongoing pandemic, global events, or daily life. Stress can hurt your physical health and your quality of life. [Mindfulness](#) is an effective way to reduce stress and improve your [Whole Health](#). Whole Health is an approach to your well-being that focuses on what matters to you. It combines your physical health with other areas of life, like mental health and community.

Mindfulness exercises help you focus on the present and what's most important to you. With a little practice, you can manage your stress and improve your well-being. Mornings are a good time for mindfulness, before you've had time to focus on the worries of the day. We have five tips for you to practice mindfulness and reduce stress each morning:

Five practices for a mindful morning

1. **Breathing exercise:** Take a few minutes to sit in a comfortable position and do a [breathing exercise](#). Get started with this [guided breathing video](#).
2. **Body scan:** Take deep breaths and mentally [scan](#) your body. Notice how each part of your body feels, starting with your toes and moving slowly up to your head. Try this [guided body scan audio recording](#) for an easy way to relax.
3. **Yoga:** Set aside time to gently stretch or do yoga. Yoga gets your body moving and calms your mind. Try the videos in this [Gentle Yoga for Veterans](#) series.
4. **Progressive muscle relaxation:** Take deep breaths and [relax your muscles](#) one at a time, from your feet to your face. This practice helps you begin your day with calm. You can start with this [guided relaxation video](#).
5. **Imagery exercise:** Sit or lie in a comfortable position and close your eyes. Take deep breaths, and picture relaxing imagery in your mind. You might [imagine](#), for example, a beach with gentle waves that flow with your breath. This [video](#) will guide you through a relaxing vacation.

Starting your mindfulness routine

Try these practices in the morning to help calm your mind at the start of your day. It may take a while to get used to. Be patient with yourself. Check out different options to see what works best for you. Over time, you'll notice how being mindful supports your well-being and [Whole Health](#).

Talk to your doctor

Talk to your doctor about managing your stress. Send a [Secure Message](#) or set up an appointment to learn more from your health care team. You can track your mindfulness practices and which ones work best in your [health journal](#) on My HealtheVet.

{enter your post's information you would like to share with your members}



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Inbox a mess? Here's the surefire way to keep your email in check

By Kim Komando, Komando.com July 23, 2022

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I have a rule: If discussing something via email is going to take paragraphs and paragraphs, I pick up the phone instead.

Another way I keep my inbox clean is by archiving all my messages at the start of the year. Who says you can't do the same thing in summer? [Tap or click for my quick and easy fix to get a clean slate.](#)

I recommend a clever email trick for every homeowner: Set up an email address just for your home. [Tap or click to see why it's just so useful.](#)

If you're sick of wasting time searching endlessly or scrolling through your inbox, it's time to up your email game. Every Gmail user should do this.

How to use Gmail filters

Think of filters as Gmail's alternative to folders. Use them to apply a label to messages, archive, delete, star, or automatically forward your mail.

If you're the victim of endless spam and other annoying messages, this is the perfect way to beat the spammers to the punch. You'll banish the junk that gets through your spam filter with the right filters.

RELATED: [5 hidden Google Assistant tricks you'll use all the time](#)

Filters are also helpful to move everything from, say, your aunt, who never stops sending articles to one specific spot. Or filter messages from your HOA to quickly find what you need.

There are a couple of ways to set up filters in Gmail. One is right from your inbox.

Hit the **Show search options** icon in the search bar at the top. (It looks like three lines with slashes through them.) A filter menu will open immediately that allows to you create a filter with any of these parameters:

- The sender and recipient (if you have multiple addresses).
- The subject's contents.
- Keywords within the body of the email.
- The size of the email.
- The date it was sent or received.
- Whether the email has an attachment.

Enter your search criteria. To check that your search worked correctly, see what emails show up by clicking **Search**. If all looks good, click **Create filter** at the bottom of the search window.

What digital lifestyle questions do you have? Call Kim's national radio show and [tap or click here to find it on your local radio station](#). You can listen to or watch The [Kim Komando Show](#) on your phone, tablet, television, or computer. [Or tap or click here for Kim's free podcasts.](#)



Only new messages will be impacted when you create a filter. Another thing to remember: When someone responds to a message you've filtered, the reply will only be filtered if it meets the same search criteria.

GET SMART: [Gmail tips and tricks: 10 buried settings and features to try](#)

How to create a Gmail filter within a message

Another way to create a filter is from within an email you've already received. Here's how:

- Open [Gmail](#).
- Check the **checkbox** next to the email you want, and click **More** (it's a three-dot menu).
- Click **Filter messages like these**.
- Enter any additional filter criteria.
- Click **Create filter**.

How to edit or delete Gmail filters

If you don't like a filter you've set up, you can edit or delete it. Here's how:

- Open [Gmail](#).
- At the top right, click **Settings** (the cog icon) > **See all settings**.
- Click **Filters and Blocked Addresses**.
- Find the filter you'd like to change.
- Click **Edit** to change it or **Delete** to remove the filter. If you're editing the filter, click **Continue** when you're done editing.
- Click **Update filter** or **OK**.

Pro tip: Gmail filter ideas

What's the best way to use Google filters? Aside from what I mentioned above, here are a few to consider.

- Prioritize messages from your most important colleagues.
- Save your receipts, bills, and payment confirmations in one place.
- Automatically Star important things to archive — order numbers, tracking numbers, and other things to reference later.
- Forward messages automatically or answer certain messages automatically with a custom, pre-written template.
- Send less important or annoying messages to one spot so you can read them at your leisure instead of letting them sit in your inbox.

Chances are, your inbox is exhausting. Filters are one of the best solutions for productivity and peace of mind.

Keep your tech smarts growing. Hit the link below for my latest podcast.

PODCAST PICK: [RIP robocalls, no more nudes, FTC vs. fake reviews](#)

Listen for the latest tech news in just 30 minutes. Liars swear a product works, then it breaks when you use it. No refunds! The FTC will make your life easier by fining businesses that trick you like this. Plus, passwords are dead in the water, and a new online dating trend will save you from the terror of random nudes. And the reason you aren't getting those pesky car warranty robocalls anymore.