



# 3<sup>rd</sup> District FYI

Issue Number: 11  
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## this issue

Commander's Page **P.1**

Training Chalk Board **P.2**

Health FYI **P.3**

Tech Corner **P.4**

Tech Corner Cont. **P.5**

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## Commander's Score

### WHAT IS HAPPENING IN JUNE?

June has many days of celebration to pick from, and here is a list of the more traditional ones to choose from.

- 6<sup>th</sup> D Day, WWII
- 14<sup>th</sup> Flag Day
- 14<sup>th</sup> Army Birthday
- 19<sup>th</sup> Father's Day

Start thinking and planning a membership drive for next year. Encourage all your post members to take the Basic Training Course. Speaking of training; let your District Commander or District Adjutant know of your training needs. Help is available, just ask.

Please welcome Stephen Powell who is now the 3<sup>rd</sup> District Chaplain. He has been in the ministry for 20 years. He has been married now for 25 years and has 5 beautiful daughters and has been blessed to be appointed as 3<sup>rd</sup> District Chaplain. He is a member of the American Legion Post 68 in Athens Tn. His goal is to serve God and be able to serve others with Christ-like compassion. His contact information is: [\(423\)333-6654](tel:4233336654) [stephen.powell496@gmail.com](mailto:stephen.powell496@gmail.com).

Conference  
Schedule

Department  
Convention  
Marriott Cool  
Springs Franklin  
July 2&3

Click links below:

[Register for  
Convention](#)

[Register for room](#)

District  
Commander's  
Visits

Post 107 June 2<sup>nd</sup>  
Post 95 June 16<sup>th</sup>



Commander Steve Buelow of Post 256 Tellico Lake accepting membership ribbon for their flag from Department Commander Kersey.

Congratulations to Tellico Lake 256 and Chattanooga 291 for surpassing 2022 membership goals before 2021 ended.

We all should strive for this accomplishment.

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

# Training Chalk Board

It's a big week for [The American Legion Tango Alpha Lima podcast](#), which in this week's episode welcomes Sebastian Junger, author of "Tribe" and "War."

Additionally, co-host Jeff Daly appeared on the Washington Journal's special Memorial Day podcast. You can listen to Daly talk about Tango Alpha Lima, The American Legion, veterans issues and more [in the archived edition here](#).

Junger, an award-winning author, is also a documentary filmmaker. Along with photographer Tim Hetherington, Junger created "Restrepo," an unnarrated documentary about a U.S. platoon in Afghanistan. The film, which was nominated for an Academy Award, follows the men of 2nd Platoon, Battle Company, 173rd Airborne Brigade. The loss of medic Juan "Doc" Restrepo leads the platoon to name an outpost in the remote Korengal Valley after him.

"It was my first documentary film," Junger explains, saying it won the Grand Jury Prize at Sundance. "Tim Hetherington and I shot all the footage for it. There was a lot of combat. We got hundreds of hours of footage of life in this remote outpost. We wanted to make a film that simply portrays what it is like to be an American soldier."

Junger is also the founder and director of [Vets Town Hall](#). The events allow veterans of any era to stand before their community and speak for up to 10 minutes about what it was like to serve their country. These events are non-political, and all perspectives are valued, he explained.

"I realized the struggle that many veterans have with coming home may not reflect the trauma of combat so much as the disjointed nature of our modern society. For most of human history, people fought and survived in small groups, 30 to 40 people. People suffered in groups and recovered in groups. American veterans are very different. They are traumatized in groups, if they are in combat, and they recover alone because we live in a very individualized society."

Last and certainly not least, the podcast co-hosts discuss [the new American Legion "Be The One" campaign](#) that aims to reduce the rate of veteran suicide. "It's more than about racing," Daly said. "It's about keeping our brothers and sisters alive."

This episode is among more than 120 Tango Alpha Lima podcasts for veterans, servicemembers and others. All episodes are available [in both audio and video formats here](#). You can also download episodes on iTunes, Stitcher or other major podcast-hosting sites. The video version is available for viewing at [the Legion's YouTube channel](#).

We all face challenges in life. You do not need to face those challenges alone. If you're a Veteran going through a tough time and thinking about reaching out, what's your first step? Text a friend you served with? Call your doctor?

Here are answers to some questions you might have. You are not alone and the [Veterans Crisis Line](#) is here to support you.

### *Who can contact the Veterans Crisis Line?*

*If you're a Veteran having thoughts of suicide or in crisis, call now. You don't have to be enrolled in VA benefits or health care to connect.*

### *Is it confidential?*

*Yes. You don't even have to share your name. Just tell us what you're going through, and we'll listen and work with you to connect you with resources to assist. If it's helpful to know more before you call, chat with us, or send us a text, you can find out exactly what to expect.*

### *Is this service free?*

*It doesn't cost you anything to contact the Veterans Crisis Line. We're here to help whenever you need us.*

### *Is it available all of the time?*

*Yes. Day or night, contact us for support. Responders are ready to help.*

### *When I call, who will I talk to?*

*You'll talk to a caring, compassionate responder who wants to listen and support you.*

### *Can the responders help me?*

*When you call the Veterans Crisis Line, you'll connect to a qualified responder trained to help Veterans through any crisis. They'll work with you to make sure you're safe and, if you'd like, connect you to the services you need.*

### *How do I know if I should call?*

*After taking the assessment, you have a few options: You can talk with a VA responder, get a referral for further help, or decide to wait to take action. It's completely up to you.*

You don't need to meet any special qualifications to contact the Veterans Crisis Line. Call **1-800-273-8255** and Press **1**, [chat online](#), or text **838255** to receive confidential crisis support 24/7.

### *About Got Your 6*

*Got Your 6 is the Bob Woodruff Foundation's enduring commitment to the Veteran community. In World War I, American fighter pilots covering a plane's rear position coined the phrase "I've Got Your 6" to mean "I've got your back." Through their service, Veterans have our backs. When they return home, we've got theirs.*

*\*The sharing of any non-VA information does not constitute an endorsement of products and services on the part of VA. Verify information with the organization offering.*

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## Fix your Wi-Fi: 10 ways to get faster speeds

### First two ways

By Komando Staff, Komando.com May 14, 2022

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You're relaxing on your sofa with a bowl of popcorn and a remote. You start to stream a popular show, but the dreaded buffering circle rears its ugly head. Nothing is playing, so you whip out the nearest internet-connected device and type, "How to get faster speeds for streaming" or "Tips to speed up a slow streaming service" into the search bar.

Now your phone's browser isn't working, Alexa is dead and the whole network is down. Spotty home Wi-Fi can cause many frustrating network hiccups. There are plenty of reasons why your Wi-Fi keeps slowing down at the worst possible moments. Maybe the problem boils down to signal congestion, physical location, firmware issues or hardware limitations. Keep reading for surefire ways to boost your home's Wi-Fi and stop buffering once and for all.

Need help finding a router? [Take our 60-second quiz](#). It's so much easier than researching all the options yourself — we did the hard work!

#### 1. Update your router's software

Checking for your router's latest firmware should be your first troubleshooting step. Updates are critical for everything, from your computer to installed software and applications. That's why you should update at least once every three months.

There are two reasons for this. First, you can take advantage of all the new features and improvements of new firmware versions. Second, your system is up to date with security patches and preventative programs.

You should have the option to check, review, download and install your router's new firmware on its administration page. Getting there depends on your router model, so check your user manual for detailed instructions. If you're not sure where the manual is, [use ManualsOnline](#).

This site has manuals for more than 700,000 products, so you'll likely find details for your router there. Just type your product into the search bar and get ready to find answers.

Keep in mind that router firmware updates require a restart. So make sure you don't have ongoing activities that require a network connection when you update.

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](#).

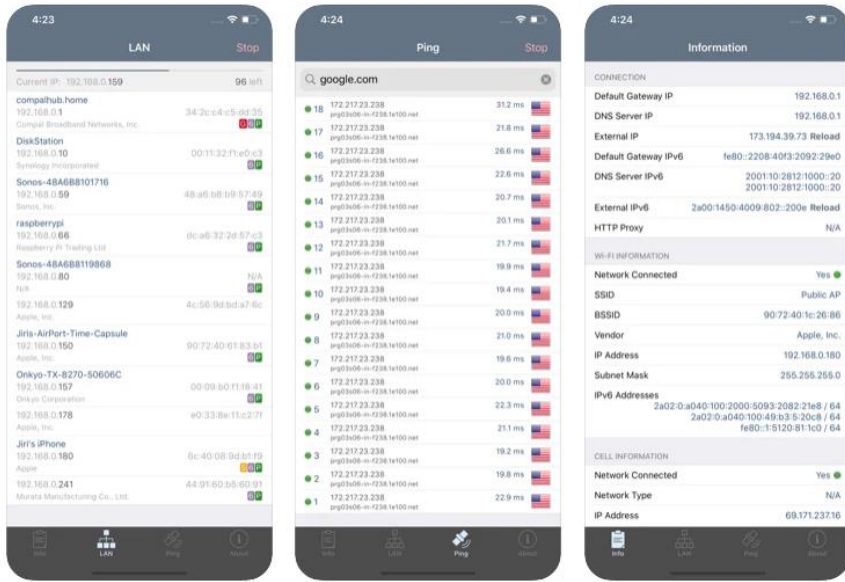


**RELATED:** [Stop renting your modem and buy one instead – Here’s why](#)

## 2. Change channels

The next tweak you could do is change the channel of your router. Are you using the 2.4GHz frequency? Get away from this congested channel ASAP.

Use helpful apps like Network Analyzer for help finding the most appropriate channel for your connection.



As you can tell, it’s an excellent resource for raw data.

This app helps you see where your router stands compared to everyone else’s, so you can manually switch channels. How you change channels depends on the brand and model of your router. Refer to your manual to find it. Network Analyzer is available for [iOS](#) and [Android](#).

## Mac

Apple provides a free tool called [Wireless Diagnostics](#). Before you open it, quit all open apps, then press and hold the Option key while clicking on the Wi-Fi icon on the right-hand side of the menu bar. Then choose “Open Wireless Diagnostics.” If you don’t see the Wi-Fi icon, go to the Apple menu. Then click **System Preferences > Network > Wi-Fi > Show Wi-Fi status in menu bar**.

Follow the onscreen instructions and your Mac will analyze your network connection. Once it’s complete, click the Info button that looks like an “i” in the Summary pane to learn about your connection’s channel and other helpful information.

## Windows

For Windows, try downloading the free Wi-Fi utility, [Acrylic Wi-Fi Home](#). This application will instantly give you information about the Wi-Fi signals in your area, including the channels they utilize.

Once you have the channel info you need, choose one among the recommended channels for 2.4GHz — 1, 6 and 11 since they don’t overlap. Then evaluate your improvements.

*[Next 8 ways will follow in upcoming newsletters]*