



3rd District FYI

Issue Number: 10
Month: May
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Conference
Schedule

Department
Convention
Marriott Cool
Springs Franklin
July 2&3

Click links below:
[Register for
Convention](#)

[Register for room](#)

District 3's
Convention
May 12th, 6:00 PM

Tennessee Wesleyan Univ.,
204 E. College St, Athens TN
37303

Post Adjutant Delores
Anderson #423-507-4938
Email:
anddol1750@gmail.com
Host Post 68 Athens. Menu:
Lemon Rosemary Chicken or
Salmon, Roasted Potatoes,
Salad, Succotash,
Squash/Zucchini Medley,
Black Forest Cake, Coconut
Cake, Drinks Price: \$15.00

District 3 Commander Ron White

basketguy@bledsoe.net

website: taltn3rd.org

Commander's Score

I will see you at the 3rd District Convention. Get your officer certifications in just as soon as they are elected. Don't wait until they are installed.

Ronald White, 3rd District Commander, Dept. of TN

The following Posts have
Constitutions and By-laws over ten
years old and/or CPR not submitted.

	Bylaws	CPR
11 Etowah	X	X
14 Chattanooga	X	
50 Rockwood	X	
68 Athens		X
79 Decatur		X
81 Cleveland		X
95 East Ridge	X	
96 Copper Hill		X
100 Dayton	X	X
107 Soddy Daisy	X	X
148 St. Elmo		

If you need help with
submitting the CPR on
MyLegion, then contact
David Sherrill, 3rd District
Adjutant

423-432-1705

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

Training Chalk Board

May Military Appreciation

VA encourages volunteers to "Carry The Load" for an American hero during trek across country

WASHINGTON — Beginning April 28, volunteers organized by Carry The Load, in collaboration with the Department of Veterans Affairs' National Cemetery Administration will visit 50 national cemeteries during a 20,000-mile march along five separate routes covering 48 states — converging on Memorial Day weekend for final rally in Dallas, Texas.

VA and non-profit Carry The Load join forces for what is called "Memorial May" during the month leading up to Memorial Day to honor Veterans and servicemembers interred in national cemeteries across the country.

"This is the fifth year the National Cemetery Administration has worked with Carry The Load," said VA Under Secretary for Memorial Affairs Matt Quinn. "Throughout this 32-day Memorial May campaign, marchers frequently carry signs, banners and flags honoring a fallen servicemember, Veteran or first responder."

Those wishing to participate in a march are asked to [register in advance](#). No donation is required to participate.

The list of national cemeteries, along with the dates and times that they will be visited by Carry The Load marchers, can be found [here](#).

For those unable to attend, NCA will share video and photographs of the cemetery visits on NCA's [Facebook](#) and [Twitter](#) pages.

Carry The Load is a non-profit providing active ways to connect Americans to the sacrifices of our nation's military, Veterans, first responders and their families.

For more information about VA's participation with Carry The Load, contact your local national cemetery or NCA Chief of Public affairs Les' Melnyk at Les.Melnyk@VA.gov.

[Buddy Check Manual](#)

Live a longer and healthier life

Even if you already feel healthy, a little planning can help you stay that way. The top threats to men's health aren't secrets: they're known, common, and often preventable. The good news is that making a few changes can lower your risk of problems. It's important to be aware of possible dangers to your health and make changes in your life. Remind yourself of these top threats and how to avoid them.

Heart disease: the leading men's health threat One in four men has some form of [heart disease](#). It's the leading cause of death in the United States. Risk factors depend on age, gender, race, and family history. You may not be able to change those factors, but you can reduce your risk by:

- Managing [blood pressure](#), [cholesterol](#), and [diabetes](#)
- Eating a [healthy diet](#) and [exercising regularly](#)
- Not [smoking](#) and [limiting alcohol use](#)
- Managing [stress](#)

Lung cancer: still a health threat [Lung cancer](#) is the leading cause of cancer death. It's good to know what symptoms to look for so you know [when to see](#) your doctor. If you're concerned about lung cancer, be on the lookout for these signs:

- A cough that doesn't go away and gets worse or has blood in it
- Constant chest pain or shortness of breath, [wheezing](#), or hoarseness
- Repeated problems with [pneumonia](#) or [bronchitis](#)
- Swelling of the neck and face
- Loss of appetite or weight loss
- Fatigue

The earlier cancer is found, the better your chances of beating it. But, the best way to prevent lung cancer is to stop smoking. Talk with your VA health care team and [learn about more ways](#) for Veterans to quit smoking today.

Prostate cancer: one in nine men will be diagnosed during their lifetime

[Prostate cancer](#) is the most common non-skin cancer among American men. It usually grows slowly and occurs in men over 65 years old. If you notice the following symptoms, talk to your health care provider right away.

- Problems passing urine, such as pain, difficulty starting or stopping
- Lower back pain
- Pain with ejaculation

There is no way to know if you'll get prostate cancer. The older a man is, the higher his risk of getting it. Talk with your doctor to take the next steps in identifying prostate cancer earlier. You can make [changes](#) to live a healthier, cancer-free life.

[Enter Post Information here]



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Tech Tip: Set your browser to start fresh or reopen your tabs on startup

By Albert Khoury, Komando.com April 27, 2022

High-speed internet makes everything better. You can stream to your heart's content or open 20 tabs when researching a new recipe to try out.

You may be paying for fast service, but your internet speeds rely on more than just bandwidth. Your browsing habits and the health of your computer also impact how fast your system works. [Tap or click here for five ways to speed up a slow browser.](#)

Some people fire up their computers and want the browser tabs to reopen precisely where they left off. Others might prefer a clean slate. We'll show you how to enjoy both ways of life with some of the most popular browsers.

Too many tabs?

If you are in the middle of a project or have traveled far down a rabbit hole of research, it's understandable that you want to be able to take a break and come back to all your open tabs. There's nothing wrong with this.

Having too many open tabs does have a drawback, however. The practice can sap your computer and internet performance. Beyond the tabs are the sites themselves, some of which can be significant resource hogs.

Let's go over how to set up your browser to open with your previous tabs or a fresh one.

Chrome

You can customize Google Chrome to open with a new tab or reopen the same tabs you were using when you last quit the browser:

To open Chrome to a new tab:

- Open Chrome and click the **three vertical dots**, then **Settings**.
- Click **On startup** and select **Open the New Tab page**.

To continue Chrome where you left off:

- Open Chrome and click the **three vertical dots**, then **Settings**.
- Click **On startup** and select **Continue where you left off**.

RELATED: [Simple trick to clear up your browser tab clutter and speed up your computer](#)

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.](#)



Safari

You can launch Safari with a new window, a new private window, all the windows from your last session or all the non-private windows from your previous session.

To open Safari to a new window:

- Go to **Safari > Preferences** and select **General**.
- Next to **Safari opens with:** select **A new window** or **A new private window** from the dropdown menu.

To open Safari and continue where you left off:

- Go to **Safari > Preferences** and select **General**.
- Next to **Safari opens with:** select **All Windows from last session** or **All non-private windows from last session** from the dropdown menu.

Firefox

When Firefox starts, one window is opened by default, displaying your specified home page, which you can set by clicking the menu **hamburger** button and going to **Settings > Home**. The default there is **Firefox Home**.

To restore your previous session on Firefox startup:

- Launch Firefox and click the menu **hamburger** button and select **Settings**, then the **General** panel.
- Below **Startup**, check the box next to **Open previous windows and tabs**.

Edge

You can open Microsoft Edge to a new tab when you launch it or pick up where you left off.

To start Edge fresh:

- Launch Edge and click on the **three-dots** icon and select **Settings**.
- Click **On startup** from the left pane.
- The default setting is **Open a new tab**. Select it if something else is set.

To have Edge open with the same tabs from the last time you quit:

- Launch Edge and click on the **three-dots** icon and select **Settings**.
- Click **On startup** from the left pane.
- Select the option for **Continue where you left off**.

You may also like: [How to change the default browser and search engine on Mac](#)