



3rd District FYI

Issue Number: 8
Month: March
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District 3 Commander Ron White

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Conference
Schedule

Department
Convention
Marriott Cool
Springs Franklin
July 2&3
Register for Room
and Convention

District
Commander's
Visits
Copperhill
Post 96

District
Commander's
Notes

Commander's Score

Here are my suggestions borrowed from the American Legion's suggestions: March is (Community Service Month). See page 13 of the 2021 Officer's Guide and Manual of Ceremonies. Check out legion.org/publications for ideas. Start planning a Birthday Bash in March to celebrate the American Legion's Birthday. Continue doing Buddy Checks and encourage those who haven't been to meetings in awhile to attend. Be creative and come up with something which would encourage someone to want to attend a meeting. Invite community leaders to be guest and share what the needs of your community are. Spring is on the way; time to plan Spring cleaning of your Posts. Sweeping, mopping, and fresh paint go a long way to making a place more attractive and inviting.

Remember (KISMIF) regardless of what you decide to do as a POST.

Ronald White
3rd District Commander
Dept. of TN

In the great immortal words of whomever:
FAILURE TO PLAN IS TO PLAN TO FAIL.

The following Posts have
Constitutions and By-laws over ten
years old.

- 11 Etowah
- 14 Chattanooga
- 50 Rockwood
- 95 East Ridge
- 100 Dayton
- 107 Soddy Daisy
- 148 St. Elmo

**Congratulations to the following Posts who
have reached 100% of their membership goals
as of 02/25-2022.**

- Post 11, Etowah**
- Post 148, St. Elmo**
- Post 159, Hixson**
- Post 256, Tellico Lake**
- Post 291, Chattanooga**

District Adjutant
David Sherrill

District Membership Chairperson
Carla Bell

3rd District Website
taltn3rd.org

3rd District Email
<mailto:taltn3rd@gmail.com>

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

Buddy Checks

As Legionnaires, our most sacred responsibility is to look out for each other and our fellow veterans. The American Legion National Executive Committee passed Resolution 18 during Spring Meetings in May 2019. The resolution called for "Buddy Checks" to be conducted Legion-wide during the weeks of The American Legion's birthday, March 15, and Veterans Day. The success of the "Buddy Check" program exceeded expectations and proved to be a valuable year-round method to provide assistance and resources for veterans in need. Participation in the program was remarkable, and the results helped confirm that The American Legion is in an ideal position to fill the critical gap between separation from military service and where they

seek the needed treatment from the Department of Veterans Affairs. Veterans today face the existential crisis of finding new purpose after transition, and coping with post-traumatic stress, traumatic brain injury and other social, economic, mental or physical stressors. This critical time in a veteran's life is when they are most vulnerable to suicide or other self-harm and The American Legion seeks to be a partner with the Department of Defense and the Department of Veterans Affairs to preserve and protect the lives of our veterans. Suicide awareness and prevention is the most consequential responsibility of our generation of Legionnaires, and the "Buddy Check" is just one of the many ways we hope to address the crisis.

[Buddy Check Manual](#)

3. Take a picture of your screen

From time to time, you may want to save only a portion of a website, photo, or whatever is showing on your screen. It's so easy to do once you know the combination of keys to make the magic happen.

- To take a screenshot on PC, press **Windows + Shift + S**.
- To take a screenshot on Mac, press **Shift + Command + 4**.

The screenshot will be saved to your clipboard. Open a tool like Word, Paint or Preview and select Paste. Then, you can edit the screenshot and save it to your chosen location.

4. Zoom in

Whether your eyesight isn't what it used to be or you want to see something on your screen in greater detail, zoom is there to help.

I'll show you two options. If you have a mouse with a wheel connected to your PC, hit **Ctrl + scroll your mouse**. Scroll the wheel up to zoom in and scroll down to zoom out.

To use your keyboard only:

- Windows: Press **Windows key + plus sign (+)** to zoom in; **Windows key + minus sign (-)** to zoom out
- Mac: Press **Option + Command + equals sign (=)** to zoom in; **Option + Command + minus sign (-)** to zoom out.

5. Paste text without its original formatting

Here's a quick keyboard shortcut I use all the time: Instead of just Ctrl + V to paste text, add in the shift key. This will paste the text you've copied and remove whatever formatting it had. If you paste your text into a document, it will match everything else. Super handy.

- Windows: Press **Ctrl + Shift + V**.
- Mac: Press **Option + Command + Shift + V**.

6. Quickly check your downloads history

Want to see what you've downloaded from your web browser? Maybe you need a file you retrieved a few days ago, or you failed to save something to a more permanent home.

- On a Windows PC, hit **Ctrl + J**.
- On a Mac, hit **Command + Option + L**.

A quick PSA: Be careful what you download. One errant click can infect your computer. [Tap or click here for five mistakes to avoid when downloading items off the internet.](#)

In the Spotlight from VA

Aging and Muscle Loss

Keep your strength and stay independent

Aging can come with some great benefits, like wisdom, experiences, and memories. But one challenge can include muscle loss, also known as [sarcopenia](#). Losing strength as you age can make daily tasks harder and can cause you to become less independent. Can it be stopped?

By keeping your muscles strong and able, you can stay independent longer and continue doing the things you love without needing much help from others.

Things that accelerate muscle loss

As you age, your body can [change](#) in ways that surprise you. One of the most noticeable changes is weakness and ease of motion. Your lifestyle and overall health play a key role in how fast those changes occur. Factors that can increase muscle loss include:

- [Inactive lifestyle](#)
- An unbalanced diet, low in proteins
- Inflammation or swelling
- [Medical conditions](#) that cause muscle loss

You can control many of the factors linked to muscle loss. Managing your health conditions and making the right lifestyle changes can help you build and keep your strength.

‘Motion is lotion, rest is rust’

We can’t stop ourselves from aging, but we can slow down some of its effects. While increased physical activity is important to maintain your overall health and well-being, engaging in strengthening exercises at least 2 to 3 times each week is your best defense against muscle loss. By continuing to use your muscles, you’ll be working to keep them strong.

You don’t need expensive exercise equipment, a personal trainer, or even a gym membership. Common forms of physical activity and exercise that can help build strength and keep you mobile include:

- Walking, stair climbing, and biking
- Strength training with [resistance tubes and bands](#)
- Yard work (mowing, gardening, and planting)

If you’re unsure about starting, try [TeleMOVE!](#) It’s a virtual 90-day program that focuses on nutrition, physical activity, and behavior changes. You may also consider one of the [many varieties of yoga](#) that may also help to maintain muscle strength, as well as relaxation and meditation practices.

Before starting a new exercise program, use [Secure Messaging](#) (*sign in required*) to talk to your health care team about any conditions you might have and see what is right for you. You can also keep track of your progress with the My HealtheVet [Activity Journal](#).

[How-tos](#)

You're using your keyboard wrong — 6 smart keyboard shortcuts to save time

By Kim Komando, Komando.com

•February 19, 2022 Share: [Click to share on Twitter \(Opens in new window\)](#) [Click to share on Facebook \(Opens in new window\)](#) [Click to share on Pinterest \(Opens in new window\)](#)

Anyone using Windows knows the keyboard shortcut is Ctrl + Alt + Delete or on a Mac, Command + Option + Esc. Programs become unresponsive often when you are in the middle of something important.

If this happens frequently, take action. [Tap or click for the steps to take when your computer crashes or becomes unresponsive.](#)

Two other popular keyboard shortcuts are Ctrl + C to copy and Ctrl + V to paste on Windows. On a Mac, that's Command + C and Command + V. [Tap or click for a comprehensive list of more like this.](#)

Let's go beyond the basics with lesser-known shortcuts you'll wish you knew about sooner.

1. Switch between open windows

Most of us multitask, so you rarely have just one window open on your computer. Let's say you have your email client, a browser with several tabs, a chat program, and Excel running. You can go to your computer's dock to switch between applications, or you can quickly cycle through them with a few keystrokes.

To switch between open windows on PC, press **Ctrl + Alt + Tab**.

To switch between open windows on Mac, press **Command + Tab**.

Digital life hack: [Helpful secret phrases you can say to Siri or Google Assistant](#)

2. Quickly lock your computer

You should turn off or lock your computer any time you leave it unattended. Do it without going through your computer's menu.

- To lock your screen on PC, press **Windows + L**.
- To lock your screen on Mac, press **Ctrl + Command + Q**.

Make sure the password you choose is strong and secure, too. No birthdays or "password1" here! [Tap or click for my 60-second podcast on creating hard-to-crack passwords you can actually remember.](#)

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