



3rd District FYI

Issue Number: 6
Month: January
Year: 2022

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Conference
Schedule

Mid Winter

Conference

Jan 8 & 9
Embassy Suites,
Mufreesboro

Department
Convention

July 2 & 3
Marriot Cool Springs, Franklin

District
Commander's
Visits

District
Commander's
Notes

All posts need to update
Constitution & Bylaws every
10 years.

District 3 Commander Ron White

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Commander's Score

TEMPUS FUGIT, and here we are in another new year already. So, as you contemplate what to do next allow me to offer some suggestions. Plagiarizing from page 13 of *THE AMERICAN LEGION/OFFICER'S GUIDE/2021* January: "Initiation ceremonies are good membership stabilizers. Keep working on membership, especially by contacting those who became delinquent Jan 1. January is a good time to present flags and copies of the flag code to local schools. March is Community Service Month, so now is the time to plan initiatives and projects." Remember, anything you do in the community document it on your CPR. Don't be afraid of stepping out of the box and trying something new. After all, it is a New Year!

Ron White

Department of Tennessee District 3 Commander

District Adjutant
David Sherrill
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District Membership
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Together, we
make a difference

The American Legion provides life-changing assistance and guidance for veterans, military personnel, their families and communities in thousands of ways every day around the world. Help comes in the form of personal assistance, cash grants, donated goods, disaster relief, labor, networking, volunteerism and advocacy.

Membership Target Dates

Target 1 September 9

Target 2 October 14

Target 3 November 10

Target 4 December 8

Target 5 January 20

Target 6 February 9

Target 7 March 9

Target 8 April 13

Target 9 May 11

All members that have not renewed by January 1st are delinquent memberships.

As Commanders and Adjutants, we need to focus on renewals as well on recruiting new members.

Training Chalk Board

Recruiting Tips

- Always be ready with a 2-3 minute 'elevator pitch' on the importance and benefits of Legion membership.
- Former American Legion Membership & Post Activities Committee Chairman Randy Goodman of Georgia shares his best practices for membership recruitment and retention. [View Q&A](#)
- [Download the Legion app](#). You'll be ready to sign up members on the spot.
- If your department has invested in door hangers, get some and modify with your post information. You're now ready to reach out to potential members even if you're not face-to-face.
- Keep a few membership applications handy.
- Have a supply of '[Why You Should Belong](#)', '[Troop Support](#)' pamphlets, and '[This Is The American Legion](#)' for informational/recruitment events.
- Work your post's Expired Members listings that can be found under the **Find Members in my Area** section on www.mylegion.org.
- Build and maintain a relationship with military installations. Refer to the publication [Access Granted](#) for details on how.
- Build and maintain a relationship with the person in charge of veteran admissions and/or veteran student organizations that may be on college campuses.
- Network with first responders, civic and community organizations, as well as other veteran service organizations to expand your pool of potential members.
- Ensure that your post is building its brand
 - Send a localized version of the post's CPR to the media outlets in your area, and that this same information is published in the post's newsletter
 - Make sure your post is actively participating in at least one program, and that it is done WELL
 - Make sure your post is an asset to the community; inform them of your post's programs, participation in parades, service activities, etc.
 - Be seen in your Legion apparel
- Don't narrow your focus to veterans in only one or two war eras. Any veteran *may be* eligible, but you won't know if you don't ask!
- Don't let all of your hard work go to waste - [RETAIN THE MEMBERS YOU HAVE](#)

Post Information:

(Adjutants: Use this space to share info pertinent to your post.)

Tech Corner – Continued from Page 5

Generally, it's a good rule of thumb to avoid downloading when you can. On a related note, never download an ad. That's just inviting trouble.

3. Don't fall for fake posts

We've said this before, but it's worth repeating: If you get an email solicitation to participate in a survey or for a money-making opportunity you didn't sign up for, [don't click the links](#). The same goes for work-from-home gigs that seem just a little too good to be true.

Open a browser window (Chrome, Safari, Firefox or whatever you use) and search for the company name plus the word "scam." Chances are, if it is a scam, someone else has reported it.

If the email comes from what seems to be a real person, do a quick Google search (or use one of these [alternatives to Google](#)) for the person's name plus the company name. If you have a LinkedIn account, go there and search for the person and company, too.

That's a smart way to confirm the person emailing you works for the company they claim to. Check that the person posts regularly and is connected to others; those are signs the profile is real and not just a front.

4. Don't skip 2-factor authentication

Use [two-factor authentication](#) any time a website or app offers it. Yes, it involves a couple of extra steps, but the purpose is to protect you if someone tries to access your accounts from a device the website doesn't recognize.

Anyone who uses Facebook is already familiar with 2FA. If you use a work, public, friend or family's computer or new device to sign in, Facebook requires you to verify that it's really you, using 2F qA.

This is a no-brainer for any financial account, and we recommend it for your email and any service that has your payment info, too.

5. Don't reuse passwords or password formulas

You'd never use a password like "123456," "abcd1234," or "password," right? If you don't use a password manager, how do you remember them all?

You don't write them down, store them on your computer or reuse them, do you? So, how do you safely store passwords, so you don't have to memorize them? We don't recommend you use password formulas that are easy to hack, like "website+birthdate," as in google1225, adobe1225 or facebook1225. You can see how that'd be easy to crack.

(Continued in February's Issue 2022)



Food and Hypertension

Fight the silent killer with healthier eating habits

What you eat can increase [your risk](#) of high blood pressure. Your food choices can also change your hypertension risk. You can stay on top of this by making small changes in how you cook and what you eat. Making [changes to your diet](#) now can lead to tastier, not just healthier, eating.

Make good food choices

Eating for your heart health can be simple with the [DASH eating plan](#). DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension and includes foods from every food group. This eating plan not only can lower your blood pressure but also help you manage your weight.

One way you can use the DASH eating plan is by keeping [healthy snacks](#) at home. Here are some good snack options to include, starting with the best choices:

- Unsalted nuts
- Fresh vegetables
- Whole wheat bagel with low-fat cream cheese
- Low-fat granola bars
- Peanut butter, sunflower butter, almond butter
- Slices of lean turkey or chicken
- Fruits like oranges, grapes, raisins, and apples

Build healthy eating habits

Unhealthy habits can sometimes lead to bigger [health problems](#) like high blood pressure. Reducing unhealthy ingredients in your cooking is one path to lower your [blood pressure risks](#). Try these options the next time you're in the kitchen:

- Take the salt shaker off the table
- Minimize the use of processed foods
- Use [seasonings](#) like lemon juice, garlic, onion, and herb mixes
- Eat more fiber with beans, lentils, and oats
- Choose [low-fat meals](#), including lean meats such as turkey or chicken (without the skin)

Beware of false friends

Salt seems to make any dish taste better, but it's not your friend. The sodium in any type of salt can lead to elevated blood pressure which can damage your arteries. Keep an eye out for other names for these ingredients. For example, when you're watching your salt intake, look for the amount of *sodium per serving*. Remember that high sodium foods don't always taste salty.

In addition to excessive salt, try to stay away from trans fats or added sweeteners. Try swapping out some of your usual foods for recipes that don't have those ingredients.

[Kim's column](#)

5 of 12 things you should never do online

By Komando Staff, Komando.com December 25, 2021 Share: [Click to share on Twitter \(Opens in new window\)](#) [Click to share on Facebook \(Opens in new window\)](#) [Click to share on Pinterest \(Opens in new window\)](#)

We all make silly mistakes sometimes. We answer robocalls (those numbers do look *awfully* familiar), click links we should have checked first, and open spam emails.

Everyone is vulnerable and can be caught off guard. It's what we do next that really counts. Do you believe the caller claiming to be an IRS employee, use your credit card on a sketchy site, or download files from a sender you don't recognize?

If you do, the consequences can be dire. [Tap or click for the heartbreaking story of a retired fire chief and Vietnam vet who was conned out of more than \\$100,000.](#)

That's why we've put together this list of 12 things you should never do online, along with do-it-yourself security tips, as reminders that we have to be vigilant with every click we make.

This tip is brought to you by our sponsor, ExpressVPN. It's secure, encrypted and blazing fast. [Use Kim's link to get three months free when you sign up for a year.](#)

1. Don't give correct answers when setting up security questions

If this has you scratching your head, we get it. It might sound counterintuitive. But this simple trick keeps you one step ahead of cybercriminals.

Think about it this way: If someone knows personal details about you, they'll be able to answer these questions in a snap. Maybe a jealous former friend wants to wreak havoc on your accounts. Maybe a creepy cyberstalker has studied you for a while.

Or maybe a potential hacker randomly saw an opportunity to break into your accounts. Sadly, it's all too easy for them to collect all the personal information they need to answer those security questions accurately.

That's why you should throw potential invaders for a loop by picking incorrect answers for your security questions. By not giving the answers people will expect, you're taking away their ace in the hole.

It helps to think of cybersecurity like a chess game: You have to stay one step ahead of your opponent to win. Of course, you'll have to remember those answers. [Tap or click here to use this trick the right way.](#)

2. Did an ad send you to a new site? Don't click any download buttons

So an ad worked. You were browsing, you saw an ad box with an intriguing item and you clicked on it. That takes you to a shiny new site with many more goodies you can buy.

Oh...and that site has ads, too. When it comes to ads, the internet is like the movie "Inception." There are dreams within dreams and ads within ads.

While you're here, don't download anything from that site. Remember that *anyone* can put out ads — and many sites won't properly investigate their partners. That means you could be browsing on a safe site and see an intriguing ad. Click it, and you might be taken to a new site filled with malware.

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