



3rd District FYI

this issue

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Month: July
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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 Commander Ron White

basketguy@bledsoe.net

website: talt3rd.org

Commander's Score

Probably by the time most of you are reading this the Department Convention will be over and a new Commander will be in place. Regardless of who it is I'm sure we as a Legionnaire Family will give him our full support. Who knows, just maybe someday I can say, "We will give her our full support."

Congratulations to the following Post which made 100% of their goals in 2022.

POST	NAME	LOCATION
0079	Meigs County	Decatur
0148	James Craig Lodor	St Elmo
0159	Sam P. McConnell	Hixson
0256	Tellico Lake	Tellico Lake
0257	Desmond T. Doss	Collegedale
0291	Scenic City Heroes	Chattanooga

What to do in July?

Have fun and concentrate on family activities as well as your respective communities. Posts which haven't certified your Officers with Dept. Headquarters (you know who you are, and if in doubt find out) get it done ASAP! If you need assistance ask for it and it will be gladly given.

E. Pluribus Unum

District
Commander's
Visits

District Adjutant
David Sherrill

District Membership Chairperson
Carla Bell

3rd District Website
talt3rd.org

3rd District Email
<mailto:talt3rd@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

Tell your Senators to support Buddy Check Week!

Our most sacred responsibility as a nation, and as veterans is to care for our fellow men and women who have served this nation with honor. The American Legion has long had a "Buddy Check Week," asking our Legionnaires to conduct veteran outreach as part of their daily routine. The American Legion's "Buddy Check" program has been a great tool for membership, and we strongly support legislation that expands this program to VA.

The American Legion worked with Congress to draft a bill that would direct VA to establish a "Buddy Check Week," provide educational opportunities, materials, and references for veterans to learn how to conduct personal wellness checks, as well as require increased resources for the Veterans Crisis Line to handle any potential increased usage during the designated week. The bill is modeled after the American Legion's "[Buddy Check National Week of Calling](#)" to connect veterans to better ensure that they receive the care they need.

That text has now been included in the STRONG Veterans Act of 2022, landmark legislation that increases support for veterans mental health programs. The American Legion proudly supports this legislation, and asks that you contact your Senators and Representative and tell them to cosponsor and support the Buddy Check and the STRONG Veterans Act today!



[How to Use VA Video Connect](#)

Thousands of Veterans use VA Video Connect to securely connect with their doctor from home. We have a step-by-step guide that'll help prepare you for a video visit. [Learn more.](#)

[Track Your Blood Pressure Online](#)

Blood pressure is likely to go up and down. Make sure you're keeping a close eye on it. Track your blood pressure using My HealtheVet. [Learn more.](#)

[Long-Term Effects of COVID-19](#)

What happens when COVID-19 symptoms don't go away? Symptoms include fatigue, shortness of breath, coughing, and pain. We want to help you manage these. [Learn more.](#)

[Diabetes: Keeping Your Heart Healthy](#)

Did you know that 1.5 million Veterans with diabetes are at a higher risk of heart disease? Lowering your blood pressure can help. [Here are six tips to protect your heart.](#)

[Take Control of Your Drinking](#)

It's okay to drink, but how much is too much? The choice to reduce or quit is up to you. VA's VetChange mobile app and an online program can help. [Learn more.](#)

[Easy Exercises for Back Pain](#)

Regular back pain can make life harder. Watch a VA physical therapist share stretches that may help reduce your back pain. [Learn more.](#)

[Dispose of Old Medications](#)

National Prescription Drug Take Back Day is April 30. Do some spring cleaning in your medicine cabinets to get rid of expired or unused medicine. [Learn more.](#)

{for your post info}



Permission to publish all material on page 4 & 5 granted by Kim Komando

komando.com

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

Steps 3 thru 5

By Komando Staff, Komando.com May 14, 2022

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3. Look for interferences

Common appliances like cordless phones, Bluetooth speakers, and even microwave ovens can impact your internet speed. This is particularly true with older routers that can only operate on the 2.4GHz frequency.

Interference from other appliances can cause slowdowns and unpredictable connectivity — especially if these appliances are near your router.

To make your life easier, you can create a Wi-Fi “heat” map of your area using free tools like [HeatMapper](#). This Wi-Fi mapper helps you see where Wi-Fi signals are strongest in your home or office. Here’s a sample map from HeatMapper’s website:

Once you make a heat map, you can plan a better setup for your gadgets. This tool helps you visualize your network to optimize your network performance and Wi-Fi signal levels.

4. Put the kids and guests on their own network and enable QoS

When too many devices share the same network, internet speed can slow down to a grinding halt. This is especially true if multiple people in your household have their own devices. Try this: Put them on a separate network so they don’t negatively affect your connection.

You can do this by setting up a completely different Wi-Fi router. You could also enable your router’s “Guest Network” option — a popular feature for most routers. This creates a unique access point on your router. Effectively, it separates *your* access point from your guest’s.

Guest networks are designed to provide guests with internet while cutting them off from private devices. This segregation also works for your smart appliances. It can even shield your primary devices from specific IoT attacks.

RELATED: [5 ways to make sure hackers can’t access your home network and files](#)

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.](#)



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RELATED: [5 ways to make sure hackers can't access your home network and files](#)

Turn on this setting, too

Quality of Service, or QoS, provides another nifty solution. This router feature lets you prioritize traffic according to the type of data being transmitted. It even lets you prioritize different latency-sensitive apps, like Skype and online gaming programs.

Did your head spin at the phrase "latency-sensitive?" Here's a quick breakdown of what that means for you:

- Say you're downloading a file, which falls under "non-latency sensitive activity."
- Then you get a Skype video call. (Video calls count as "latency-sensitive activity.")
- Your router will direct bandwidth resources to the Skype call if needed.
- This way, your call will go smoothly — but your file will download more slowly while you're on video.

Just know that different routers have different ways of handling QoS. Most consumer-level routers have more simplified ways of enabling QoS thanks to presets. Check your manual for information on what each one does and how to enable QoS.

5. Mesh is the word

A mesh Wi-Fi network is worth investing in if you have a large house or office space that requires consistent network speeds. Unlike standard Wi-Fi routers that require extenders for added reach, next-generation mesh routers are designed to spread your coverage through multiple access points or satellites.

These systems usually come in sets of two or more separate units that work together to envelop your home or office with Wi-Fi coverage. As far as your gadgets are concerned, the Wi-Fi mesh is one big continuous network.

A mesh Wi-Fi network setup may be more expensive, sure. But its reliability, seamlessness, expandability and easy management are well worth the admission price. Set it up correctly and a mesh system blankets your whole home with fast, reliable Wi-Fi, eliminating poor coverage, dead spots and buffering.

[Next 5 ways will follow in upcoming newsletters]



Collegedale Post 257
Commander Dennis Smith
District Commander Ron White
District Adjutant David Sherrill

Soddy Daisy Post 107
Officer Installation



POST 256 A Subordinate Unit Of The American Legion

By Matt Hollingsworth

A dozen men stand around the table. They each take off their military caps and hold them to their hearts as the chaplain prays. These men are veterans—the leaders of Post 256, Tellico Lake—and they have spent this meeting discussing ways to serve their community.

Post 256 has 180 members mostly from the Monroe and Loudoun County areas. It is a subordinate unit of The American Legion whose Four Pillars of service are: Veteran Affairs & Rehabilitation, National Security, Americanism, and Children & Youth.



Veteran Affairs & Rehabilitation

Post Commander Steve Bucklow, a Navy veteran of the Vietnam War, told the story of one elderly veteran that

the organization had helped. This veteran couldn't get gas delivered to his house because his driveway was so overgrown, and he couldn't cut away the brush due to his health problems.

When the members of Post 256 found out about this situation, they cleared four truckloads of brush from his driveway so the utilities could be delivered, and they also made sure people in the community and local organizations knew about his needs and could check in on him. Bucklow's wife even baked cupcakes for the man.

Post 256 also supports Smoky Mountain Service Dogs. Steve Bucklow explained that service dogs can greatly assist veterans with physical and psychological impairments, but the animals cost \$22,000 to train. Smoky Mountain Service Dogs provides these dogs to qualifying veterans for free. Veterans often come home with severe injuries, and as Bucklow explained, "It's our responsibility as Americans to... improve their quality of life."

The organization has also donated money to non-veteran oriented charities like Our Place which helps care for people with memory issues like dementia and Alzheimer's when their normal caretakers are away.

"You don't have to belong to the Post to receive services from us," Bucklow explained.

"If you're a vet in need, first thing we'll do is try to help [you]." For example, several of the Post 256 members are in the Loudoun County Honor Guard which will conduct burial ceremonies for any veteran in their community, whether they are a member of Post 256 or not.

National Security

Post 256 works to honor veterans' sacrifices and make sure that no veteran is ever forgotten. At every meeting, there is an empty chair representing prisoners of war and those missing in action. A short speech given at each meeting explains that the chair is "a physical symbol of the thousands of American POW/MIA's still unaccounted for from all wars and conflicts involving the United States of America. This is a reminder for all of us to spare no effort to secure the release of any American prisoners from captivity, the repatriation of the remains of those who died bravely in defense of liberty, and a full accounting of those missing."

In 2021, Post 256 held its first annual 9/11 memorial service. One member was actually at the Pentagon on 9/11, although he was out of the building when the plane hit. During their memorial service, this member helped commemorate the tragedy with patriotic songs. They also had a table



set up in tribute to the 13 U.S. military members who were killed in the August 29th attack, just days earlier.

Americanism

Post 256 holds services on Memorial Day and Veterans Day. On this year's Memorial Day, as part of their ceremony, the members gave away poppies. Poppies grew in Pander's Fields, a major battleground of WWI, and they became a symbol of fallen soldiers. Post 256 gave these flowers in remembrance of those who have lost their lives.

"The poppy says, 'Yeah, I remember, and I am grateful for what they did,'" Bucklow explained. "We do everything we can to help remember those who served."



Another way they do this is that, on every Memorial Day, they make sure all veterans buried in local cemeteries have flags on their graves. Annually, they support Wreaths Across America which honors fallen veterans by putting wreaths on their graves during Christmas.

"They say a veteran dies twice," Bucklow said, "the day that he dies and the day that he's forgotten. ... We try to make sure no vet is ever forgotten."

Children & Youth

Post 256 is a sponsor of Boys State and Girls State, programs that teach high schoolers about local government, hoping to inspire a new generation of public

servants. This program can get students interested in local government and help them build their resumes. The Post also helps adults dispose of old and unused medicines to avoid the risk of young children or grandchildren finding and eating them.

Finally, Steve Bucklow explained how Post 256 offers "companionship and comradery" to veterans. They can be involved "in an organization that... only veterans can associate with."

If you're a veteran in the Monroe County or Loudoun County area, consider checking them out. They meet the first Thursday of each month at the Rarity Bay Country Club. You can also visit their website to see upcoming events: tellicolakepost256.org

This post was written with help from Steve Bucklow, James Patterson, and Tony Adkins.



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Published on Jun 14, 2022



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