



Issue Number: 7  
Month: February  
Year: 2022

Conference  
Schedule

Department  
Conference

July 2 & 3  
Marriott Cool  
Springs, Franklin,  
TN  
[Registration Form](#)

District  
Commander's  
Visits

District  
Commander's  
Notes

District Adjutant  
District David  
Sherrill

[Dsherrill65@epbf.com](mailto:Dsherrill65@epbf.com)

District  
Membership  
Chairperson  
Carla Bell

[Kudini2015@msn.com](mailto:Kudini2015@msn.com)

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

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District 3 Commander Ron White

[basketguy@bledsoe.net](mailto:basketguy@bledsoe.net)

website: [talt3rd.org](http://talt3rd.org)

## Commander's Score

Well, here we are in the Seasonal Affective Disorder Winter, and I love it! So, what are you Posts going to do in February? Here are my suggestions borrowed from the American Legion's suggestions: February is (Americanism Month). See page 13 of the 2021 Officer's Guide and Manual of Ceremonies. Check out [legion.org/publications](http://legion.org/publications), scroll down to everything under Americanism and surely you will find some ideas. Start planning a Birthday Bash in March to celebrate the American Legion's Birthday.

Do Buddy Checks and encourage those who haven't been to meetings in awhile to attend and enjoy some comfort food as well as fellowship. Make it a family event and not just a Veteran event. Remember (KISMIF) regardless of what you decide to do as a POST.

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  
256 Tellico Lake

Congratulations to Post 256 Tellico Lake for doing and submitting their Five Year Strategic Plan!

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

**Ron White**  
Department of Tennessee District 3 Commander

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 1<sup>st</sup> are delinquent memberships.

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

# Training Chalk Board

## *Americanism*

### **Boys State and Boys Nation**

Thousands of young men learn the function and powers of government through American Legion Boys State, as they set up and operate their own "governments," fashioned after municipal, county and state structures. Boys State alumni include state legislators, governors, members of Congress, a former vice president and president of the United States, and an associate justice currently sitting on the U.S. Supreme Court. An extension of the Boys State experience is The American Legion Boys Nation. Two outstanding delegates from each Boys State program are selected to represent their state at American Legion Boys Nation, where the young men establish a Boys Nation Senate based upon rules of the U.S. Senate.

Several departments of The American Legion also sponsor County Government Days. For 68 years, the Legion in Nebraska has sponsored such a day across the state, helping high school juniors observe firsthand the workings of local government. Approximately 5,000 students from more than 60 counties participate each year. A partnership with the U.S. Army National Guard in Nebraska helps the Legion cover costs. The American Legion in Kansas sponsors a County Government Day program similar to Boys State, except the government students in each participating high school file for office, campaign and vote in a primary and general election within their school. Students have the opportunity to visit their local courthouse and spend a day learning about duties and responsibilities of county officials. Speakers are heard, and a mock trial is usually observed. The program enjoys cooperation from school and county officials.

### **High School Oratorical**

Students participating in The American Legion's High School Oratorical Scholarship Program gain a deeper knowledge of constitutional principles as they prepare and deliver orations based on some aspect of the U.S. Constitution, with emphasis upon a citizen's duties and obligations to government. Alumni of this Legion program include television news anchor Lou Dobbs and talk-show host Alan Keyes, a former presidential candidate who was the Legion's national oratorical champion and - in the same year - president of the Legion's Boys Nation.

### **Congratulations to Third District Winner: Morning Dove Rose**



# Taking Charge of My Life and My Health

Presented by American Red Cross Military and Veteran Caregiver Network

**When**

Wednesday, Feb 2, 2022  
6:00 p.m. - 7:00 p.m. EST

**Cost**

Free

**Registration**

<https://www.eventbrite.com/e/va-whole-health-mvcn-taking-charge-of-my-life-and-my-health-tickets-211100736987>

Led by VA and MVCN Staff, this class introduces caregivers to the tenets and structure of Taking Charge of My Life and My Health. Through these sessions, you will examine your daily life by considering your Circle of Health, which includes everything from mindful awareness and personal relationships to exercise, diet, and sleep. What are you doing to stimulate your brain? How flexible is your body? How energetic do you feel? With what frequency are you waking up at night? How is your environment affecting you? What are your main causes of stress? Join us to learn how to take better care of your life and your health to experience reduced stress and greater peace.

The class runs weekly for 1 hour over 6 weeks. \*Caregivers need to commit to all sessions.

Classes meet January 19, 26, February 2, 9, 16, and 23.

## Post 95

Feb 12 Valentine's Day Dinner Get tickets at post.

Feb 13 Super Bowl party and viewing 5:30 pm

Come by the post and watch the new event on Tuesday Nights!

Need volunteers for buddy check event on Legion Birthday in March.



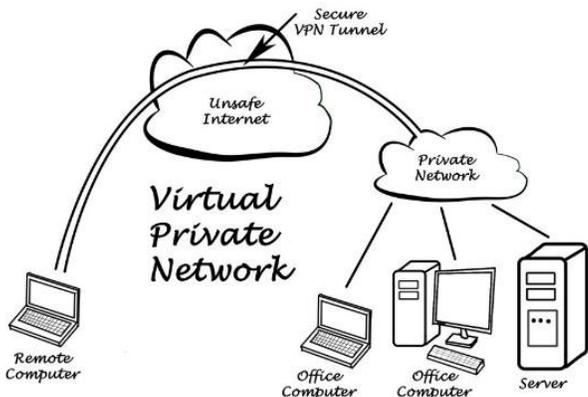
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[Kim's column](#)

# 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 \(Opens in new window\)](#)

## 6. Don't use public Wi-Fi



We know: Saying “Don’t use public Wi-Fi” is like saying, “Don’t go out in public.” It’s impossible. But you really should be careful about what you do on a public network. Save the banking for a trusted network, and be extra careful about the sites you visit and the links you click. Your best bet, though, is to use a VPN.

**DIY advice:** If you have to use public Wi-Fi, practice safe surfing. A VPN (virtual private network) which creates an encrypted connection through a secure server that allows you to browse the internet. Businesses have been using VPN technology for years, and more private users are adopting them as well. [Tap or click for a guide on setting up Kim’s pick, our sponsor ExpressVPN.](#) Not really sure how VPNs work? No worries. [Tap or click for 6 questions about VPNs you’ve been afraid to ask.](#)

## 7. Don't fight on social media

Time and time again, research shows social media makes us depressed, angry and isolated. During the pandemic, we believed social media would bring us together, but really, we got sucked into scrolling through endless timelines, comments and arguments. [Tap or click for Kim’s advice on how to step away.](#)

Plus, you might lose your car, like this girl almost did when her parents saw her complain about the car they bought for her.

**DIY advice:** If you can’t [break up with Facebook](#), Twitter, Instagram, or whatever channel monopolizes your time and incites the scrapper in you, use common sense. Don’t post anything that you wouldn’t want your grandmother to see or that could come back and haunt you when you look for a job ... or that some website would post as an example of what not to do online.

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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### 8. Don't post sensitive photos online

Speaking of not posting anything that could haunt you later, we're talking about things that may seem innocent, like photos of your kids or grandkids.

There's a whole conversation on the internet about whether or not parents should post photos of their kids online and share them publicly. In 20 years, will your children thank you for sharing their private lives with the world? One woman even sued her mother (and won) after she refused to take down photos of her grandchild.

Not to mention, [child predators set up fake social media profiles](#) and troll pages looking for innocent victims.

**DIY advice:** Change your privacy settings on [Facebook](#), [Twitter](#) and [Google](#) so only your closest contacts can see your pictures. If you have kids at home, don't share full names or specific locations. Share only with people you actually know, check with other parents before sharing photos of their kids, and [wipe out hidden data from photos](#).

### 9. Don't post vacation photos or updates while you're gone

If you venture out for a road trip or even just a day away, think twice before you post on social media.

It's so tempting to share in-the-moment updates and pictures while you're on vacation. Think of these as public announcements that say, "I'm out of town. My house is empty. Go burglarize me." Wait until you get back home and post your photos after the fact.

**DIY advice:** If you've got a home alarm system from our sponsor, [SimpliSafe](#), you can monitor your property and get alerts when you are away. Thieves are less likely to break into homes that are protected by alarms, cameras and motion sensors. SimpliSafe is easy to install without having to call a professional. Visit [simplisafe.com/kim](http://simplisafe.com/kim) for a great deal that Kim negotiated for you.

### 10. Never diagnose yourself on WebMD or similar sites

Let's say you have a persistent cough. When you searched online, you diagnosed yourself with pneumonia, tuberculosis, lung cancer, heart disease, acid reflux and chronic bronchitis. After all, those conditions share similar symptoms. You're freaked out.

Sites like WebMD, Mayo Clinic and Cleveland Clinic are packed full of good, reliable information, but that doesn't mean they should replace your doctors.

[It's even more dangerous to use YouTube to look for medical information](#). Just like how conspiracy theory videos can dominate political searches on YouTube, health misinformation can climb to the top of your recommended videos and searches.

**DIY advice:** Leave the diagnosis to medical professionals. Use those [medical reference sites](#) to learn more about what your doctors tell you, and always consult with your doctor before beginning any medical treatment. Or consider setting up a virtual appointment. [Tap or click for our guide to getting started with telemedicine](#).