



**Issue Number: 5**  
**Month: December**  
**Year: 2021**

Conference  
Schedule

Mid Winter

Jan 8 & 9  
Embassy Suites, Mufreesboro

Department  
Convention

July 2 & 3

District  
Commander's  
Visits

District  
Commander's  
Notes

District Adjutant  
David Sherrill

District Membership Chairperson  
Carla Bell

3<sup>rd</sup> District Website  
[taltn3rd.org](http://taltn3rd.org)

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

Weekly  
INFORMATION  
FOR VETERANS

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

this issue

Commander's Page **P.1**

Training Chalk Board **P.2**

Post Information/Tech Corner **P.3**

Health FYI **P.4**

Tech Corner **P.5**

District 3 Commander Ron White

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## Commander's Score

An old cliché concerning success goes: "Failure to plan is to plan to fail." As we rapidly approach 2022 let the cliché become your mantra as you, the officers, executive committees, and Post Members plan another year for the success of your Posts.

We had a super District Meeting at Post 100 in Dayton, TN. If you were unable to attend it go to [taltn3rd.org](http://taltn3rd.org) (Our District 3 Webb site) click on menu and select Videos to hear what you missed.

December Program Reminder: Acknowledge Pearl Harbor Day on Dec. 7 "a day that will live in infamy." As the holiday season begins, encourage and support activities that bring Christmas cheer to underprivileged families in the community. Keep plugging for renewals and new members. Visit veterans who are ill or in assisted living facilities.

As your Posts carry on doing the important work you all do just remember this VERY IMPORTANT acronym: KISMIF; Keep It Simple and Make It Fun!

Happy Holidays,

Ronald White  
3<sup>rd</sup> District Commander  
Dept. of TN

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](http://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

ABOUT THE LEGION

## OUR PILLARS OF SERVICE

 <p><b>VETERANS</b> VA benefit and appeal assistance Job and career guidance Homeless outreach</p>	 <p><b>YOUTH</b> Scholarships Youth programs and competitions Junior ROTC and Scouting sponsorship</p>
 <p><b>DEFENSE</b> Military family support Comfort items for wounded servicemembers Advocacy for troops and military in Washington, D.C.</p>	 <p><b>AMERICANISM</b> Flag respect education Citizenship services Support for the Pledge of Allegiance and National Anthem</p>



## Family Support Network

**SUPPORTING FAMILIES DURING DEPLOYMENT** The American Legion recognizes that families of deployed and activated military personnel face special difficulties and hardships. With the help of the Family Support Network, these families do not have to shoulder this burden alone. Families can request assistance from local American Legion Family members by calling the toll-free number or filling out an online application.

**MORE INFORMATION:** 800-504-4098 | [www.legion.org/fsn](http://www.legion.org/fsn)

The contact information of the veteran's family member and the reason for the FSN request is collected. The request is referred to the local American Legion department. The department refers the call to a local hometown post. The local post contacts the family and provides the assistance, if resources are available, or refers the family to other local agencies. In case of financial need, the post provides the necessary funds or assists the family in applying for Temporary Financial Assistance, if minor children are in the home.

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Tech Corner – Continued from Page 5

There are many Android manufacturers out there, all with their own steps and processes. Your model's steps could be different.

Don't have a user manual? No worries. [Tap or click here for thousands of free online user manuals](#) or do a Google search for "your phone model + power saving mode."

[Other ways to extend battery life](#)

While these battery-saving modes will save the most juice, they disable some functions that you may want to use. Try these tips to save battery power but don't want to jump straight to Low Power Mode.

**Lower the brightness:** The brighter the screen, the more battery you use. Dim the screen down to save a bit of juice.

To lower the brightness on an iPhone, open **Settings** and select **Display & Brightness**. Slide the toggle under Brightness to the **left** to lower it. If you want to make it brighter, slide the toggle to the **right**.

For Android, open **Settings** and select **Display**. Slide the toggle to the **left** to lower brightness or to the **right** to raise it.

**Curb notifications:** The constant dings, pings, and data fetching use a lot of battery. Turn off notifications for unnecessary apps to give yourself more time.

You can turn off notifications for a specific app on an iPhone right from your home screen or lock screen. Pull down the notification screen on your iPhone to see a list of recent ones.

Tap and hold a notification, then tap the **three dots** in the upper-right corner. You'll get a popup with a few options. Choose **Turn Off** to stop them altogether.

You can follow the same steps on an Android phone. Swipe down on the notification panel to see a list of your notifications. Press and hold on the one you want to turn off and tap **Turn off notifications**.

You can also long-press a notification as it happens, then tap the **settings cog** to go directly to notification settings.

**Turn off nonessential features:** Every extra feature you use, like Bluetooth and Wi-Fi, drains your battery. Turn them off if you aren't using them.

**Try Airplane mode:** This setting switches off your phone's cellular and wireless connections. When you need to save battery, turn it on and then off again to call or send a message.

**Control the temperature:** Keep your phone's temperature steady. If you're in the car and your phone is sitting on the passenger seat in a sunbeam, you'll notice how much faster your battery drains.



## Questions about COVID-19 Boosters

*Boosters are now available to millions of Veterans*

Millions of Veterans who got the COVID-19 vaccine are now eligible for a booster shot. COVID-19 vaccines continue to work well to prevent severe illness and death. A booster can help people whose immune response may have weakened over time stay fully protected. The booster is meant to help the immune system continue to respond quickly if exposed to COVID-19.

Here are answers to 5 questions you may have about these boosters:

### 1. Who can get a booster?

If you got the Johnson & Johnson vaccine at least 2 months ago, CDC recommends adults should get the booster shot. If you got your second dose of the Pfizer-BioNTech or Moderna vaccine at least 6 months ago, you're eligible for a booster if you're part of one of these groups:

- If you're at least 65 years old
- If you're at least 18 years old and you live in a long-term care facility
- If you're at least 18 years old and you have an [underlying medical condition](#)
- If you're at least 18 years old and you work or live in a [high-risk setting](#)

You can only get a booster shot if you completed your primary vaccination series. If you haven't completed your primary vaccination series yet, we can help. Vaccines are widely available at VA health facilities. [Find out how to get your vaccine at VA.](#)

### 2. Which vaccine can I get for my booster?

At this time, the CDC and FDA have authorized boosters for all 3 authorized vaccines. Based on new CDC recommendations, you can choose which vaccine to get for your booster. But not all [VA health facilities](#) will have all 3 vaccines. If you have questions about which booster to get, reach out to your health care team.

### 3. How do I get a booster at VA?

If you're eligible for a booster based on your VA health record, we'll contact you when we have a vaccine for you. If we don't contact you, you can call or send a [Secure Message](#). Your health care team can tell you if you're eligible for a booster and help you schedule an appointment or find out if there's a walk-in vaccine clinic near you.

### 4. What are the risks to getting a booster shot?

So far, reactions reported after getting the Pfizer-BioNTech booster shot were similar to those experienced in the 2-shot primary series. Fatigue and pain at the injection site were the most reported side effects. Most side effects were mild to moderate. Like the 2-shot primary series, [serious side effects are rare](#), but may occur.

### 5. Is there a new standard for 'fully vaccinated?'

No. The definition of "fully vaccinated" currently does not include or require booster shots. It focuses on the primary vaccine series, which has the strongest evidence for protecting you from COVID-19.

[Kim's column](#)

## Tech tip: Get more life out of your dying phone battery

By Kim Komando, Komando.com • October 23, 2021

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There's a mode for that

Both Apple and Android have a handy setting specifically for the times you're running out of juice, and it's relatively easy to turn on. These low-power modes temporarily disable the apps, features, and processes that drain the most battery.

You can turn it on manually, and it will automatically turn off when your phone is charged up again.

A word of warning: your phone won't be at its best in this mode. For starters, if your phone is on 5G, it reverts to 4G. Your phone won't check email or update news, weather, and other apps as frequently.

"Hey Siri" and "OK Google" doesn't work. Your notes, photos, and appointments also won't be synced to the cloud until you're at least 80 percent charged back up. Still, it is helpful in a pinch.

Apps are one of the biggest battery killers. [Tap or click here to find out which apps drain your phone's battery and storage the most.](#)

*Enabling Low Power Mode on iPhone:*

- Open **Settings > Battery**.
- Slide the toggle next to Low Power Mode to the right to enable it.

In iOS 9 and above, you'll receive notifications when your battery level hits 20 percent and 10 percent. You will get an option to enable Low Power Mode with a single tap.

*Enabling Power saving mode on Android:*

Android's version of this battery-saving mode is called Power saving mode, available on Android 5.0 OS and above.

For Samsung Galaxy:

- Open **Settings > Select Battery and device care**.
- Select **Power saving mode**.
- Slide the toggle next to Power saving mode to the right to enable it. (continued pg 3)



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