



3rd District FYI

Issue Number: 15
Month: October
Year: 2022

Commander's Page **P.1**

Chaplain **P.2**

SAL **P.3**

Health FYI **P.4**

Tech Corner **P.5,6**

Always Training **P.7**

District Events **P.8**

Conference Schedule

Mid-Winter
Jan 14 & 15

Mufreesboro
Embassy Suites

District Commander's Visits

10/8 Post 11, Etowah
10/11 Post 106,
Sweetwater
10/13 Post 68, Athens
10/17 Post 100, Dayton
10/20 Post 95, East
Ridge

District Commander
Ron White

District Adjutant
David Sherrill

District Membership Chairperson
Carla Bell

District Training Chairman
Robert Crawford

3rd District Website
taltn3rd.org

District 3 Commander Ron White

basketguy@bledsoe.net

website: taltn3rd.org

Commander's Score

The 3rd District Revitalization is October 19th at Post 81 Cleveland. The event starts at 10:00 am ET. Dwight Woodcock the Post Adjutant, and Rick Williams the Commander want to provide a lunch and need to know who plans to attend. POC: Dwight Woodcock, Adjutant Post 81 Cleveland, TN 423-223-7966 dwoodcock2399@gmail.com

See page 14 of the 2022 Officer's Guide and Manual of Ceremonies for program ideas. Get busy getting your current members to pay their dues before October 20th.

Want some info on Halloween and how to make it safe and fun for children? Go to legion.org/publications and under CHILDREN and YOUTH find Make Halloween a Fun and Safe Night. You can download and print the brochure.

If you are interested in learning about the TN State Veteran's Homes contact either of the following. They will gladly visit your Post and give a talk.

Courtney B. Washington, LNHA C: 423-202-8132

E: ewashington@tsvh.org

OR

Shannon McCann, Executive Assistant

O: 615-225-1816 C: 615-684-0370 E: smccann@tsvh.org

Ronald White

3rd District Commander

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

District Chaplain

As we roll in closer to the holidays, I know that it's a lonely time for a lot of veterans. Let's just all reach out to one another keep them encouraged, keep them loved, and just show them the love of Christ. You know just be there for them. Help them when you can and if you can. If you always sense an issue you need to get them to the right people thank you and God bless.
Be the One!

Stephen Powell

3rd District Chaplain

Dept. of TN

Finally: Don't hesitate to reach beyond District Boundaries. See the newspaper article for the story illustrating my point.



American Legion Third District Commander Ronald G. White presented a framed certificate of appreciation to Evan Crawford, system administrator with BTC Fiber. Joining in the presentation were (left to right) BTC Fiber General Manager Charlie Boring and Chief Information Officer Russ Camp, Crawford, White, and American Legion Post 66 Commander Jack Durham.

Crawford recognized for going beyond

Evan Crawford, system administrator for BTC Fiber, was presented a framed certificate of appreciation from American Legion Third District Commander Ronald G. White last week.

Commander White said a few months ago he was struggling with making an email address list of American Legion members so he could send emails to members. He contacted BTC Fiber, his internet provider in Bledsoe County, and was assisted by Crawford.

He said Crawford went above and beyond to help him set up his email member list and answer the questions he had to where he could understand. Now, he said, his email member list is working great. White wanted to recognize Crawford for his assistance in helping White communicate with other American Legion members throughout the state.

Although Commander White serves the Third District he resides in Bledsoe County which is in the Fourth District of the American Legion.

Local Commander, Jack Durham, expressed his appreciation to Crawford on behalf of the Legion and the Veterans of Foreign War Post 5033.

District SAL Commander

WOW! September sure did fly by. It was a very busy month for me personally. Things have settled down, and I am ready to go. As Third District SAL Commander my goal is to get 3 new Sons of the American Legion Squadrons formed in the Third District before next year's election of officers. I need your help.

If your post is lacking youth involvement, then form a SAL squadron.

If your post is highly active, forming a SAL squadron is your next step.

If your post is aging and your programs are in need of help sustaining them, forming a SAL squadron could be that help.

I would be more than happy to attend your post meeting to discuss what needs to be done to form a SAL squadron.

You can contact me at SALThirdDistrict@att.net

Serving those that served,

David Curler

SAL Detachment of TN

Third District Commander

{enter your post's information you would like to share with your members}

No-cost VA flu shots for eligible Veterans

Getting a flu shot protects you, your family and your community. And if needed, you can safely get vaccinated for COVID at the same time you get a flu shot—one visit, two vaccines. (Call ahead so your community provider has COVID vaccine available.) Eligible Veterans can get a no-cost flu shot from a nearby VA clinic or within their community. To find a flu shot near you, visit our [VA locator](#). You can choose a nearby VA facility or one of 70,000 in-network pharmacy or urgent care locations nationwide. Simply type in your ZIP code. No-cost flu vaccines are available at retail pharmacies and urgent care locations from Sept. 1, 2022, through April 30, 2023. Find an in-network community care provider by choosing a location in the drop down menu of the [VA locator](#).

Get a no-cost flu shot at a community provider in VA's network

Beginning Sept. 1, 2022, eligible Veterans can choose from one of nearly 70,000 in-network retail pharmacies and urgent care/walk-in locations to get their flu shot.

The provider must be part of VA's community care network

- Retail pharmacies include most supermarket and local pharmacies.
- Many urgent care locations offer walk-in care.
- Call ahead to see if a pharmacy participates in the VA flu shot program.
- If you receive a flu shot from a non-network provider, you may be liable for the cost of the vaccine.

Who can get a flu shot at a community provider?

You are eligible to receive a flu shot at an in-network retail pharmacy or urgent care location if:

- You are enrolled in the VA health care system, AND,
- You received care from a VA provider or an in-network community care provider within the past 24 months.

Family members and beneficiaries are not eligible.

Where can I get a no-cost flu shot?

To locate a VA medical facility, in-network urgent care or retail pharmacy near you, use the [VA locator](#). Here's how:

- Enter the city, state or postal ZIP code for your location.
- Choose a facility type from the drop-down menu.
- Select VA health for VA medical center locations.
- Select urgent care for "all in-network urgent care."
- Select community pharmacies (in VA's network).
- Click search.
- choose a provider.



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Genius! 7 must-try voice commands to use with Siri and Google Assistant

By Serena O'Sullivan, Komando.com August 20, 2022

A voice assistant is like your own genie: Your wish is its command. For example, you can use it to open navigation apps while you drive. This way, you're keeping both hands on the wheel and focusing on the road instead of your screen. As long as you speak clearly, it will do exactly what you want. [Tap or click here for five ways to help your smart assistant understand you better.](#)

Luckily, your iPhone or Android comes with these smart assistants built-in. Just say "OK, Google" or "Siri" to trigger them. Without further ado, here are voice commands for Siri and Google Assistant you'll use again and again.

1. Show me photos of ...

Our content queen, Allie, loves this feature. She tells her phone, "OK, Google, show me pictures of Nova." Just like that, she can admire photos of her beloved dog, Nova. Even if you don't have a pet, you can make great use of this voice command. Just know that this trick only works when you've already backed up and organized your pictures through Google Photos. [Tap or click here for 20 easy ways to organize your collection in Google Photos.](#)

Once you go through the trouble, though, you're richly rewarded. You can see specific photos — and filter them by date or device name. Check out this Google tip for inspiration:

To do this:	Say "Ok Google" or Hey Google," then:
View photos of named people (face grouping) Note: Face grouping isn't available in all countries. Learn more on the face grouping feature .	"Show me photos of <Margaret> on <device name>"
View photos of places	"Show me photos of <San Francisco> on <device name>"
View photos of things	"Show me photos of <dogs> on <device name>"
View photos by date	"Show me photos from <last year> on <device name>"

Source: [Google](#)

You can also use Siri to search for specific pictures in the Photos app. This makes finding your photos incredibly convenient. You can filter images by:

- **People**
- **Objects**
- **Activities**
- **Date**
- **Location**

You can even combine those parameters. For example, you could say, "Show me photos of last Halloween" or "Show me photos of Nova from last March."

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.](#)

2. Remind me of ...

This next tip is practically the definition of a life hack. It's so simple: Say, "Hey Google, set a reminder" or "Siri, remind me." Then, tell your phone which specific reminder you want later on. For instance, you could say, "Hey Google, remind me to call Kim at 2 p.m. tomorrow." Or you can say something like, "Siri, remind me to pick up milk at 3 p.m." If you're a forgetful person, you'll love this tip. [Tap or click here for a shortcut to automatically send birthday texts.](#)

3. How long until ...

Maybe you're having a conversation with friends and aren't sure when that new movie is coming out. Or you want to find out how long until Christmas. You can answer your question without pulling up your phone's browser. Just say, "Hey Google, how long until Christmas?" or "Siri, how long until 2022 is over?" Either way, you'll get your answer. That's not the only helpful tip you need to know. You can also ask Siri or Google Assistant for your estimated time of arrival. This built-in safety feature helps you focus on the road while driving.

Find out how long until you arrive by asking, "What's my ETA?" If you want more travel safety tips, we've got you covered. [Tap or click here for Kim's latest travel checklist.](#)

4. Take a screenshot, hands-free

Screenshots are great for sharing anything from a recipe to a funny meme. They're also helpful reminders for appointments and grocery lists when browsing recipes online. You can take a screenshot simply by using your voice. Just activate Google Assistant through the app, start it with a button press or say, "Hey Google," and then say, "Take a screenshot." You may need to check your settings if the command isn't working. Open **Settings** and go to **Apps & notifications > Advanced > Default apps > Assist & voice input**. Then turn on **Use screenshot**.

Have an iPhone? Just say, "Hey Siri, take a screenshot." It will be saved to your camera roll.

5. Search your apps

Your voice assistant can interact with apps. On your iPhone, say "Hey Siri, launch (name of app)" to open up the one you want to use. You can also say things like, "Hey Siri, get me a ride with Uber" or "Hey Siri, pay Jim \$5 with Venmo." On your Android, you can say, "Hey Google, open Dunkin Donuts," or go further and say, "Hey Google, order coffee from Dunkin Donuts." Try similar commands like "Hey Google, where is my Walmart order?" or "Hey Google, play Frank Sinatra on Spotify." On Android, supported apps include, but are not limited to, Snapchat, Discord, Etsy, MyFitnessPal, Mint, Nike Adapt, eBay, Kroger, Best Buy, Postmates and Wayfair.

6. Wipe its memory

You may accidentally trigger your assistant with a word that sounds alike. If you say something that sounds similar to "Siri" or "Hey Google," it may perk up its metaphorical ears. Luckily, Siri and Google Assistant both make distinctive noises when they've been activated. If you want to stop Google Assistant from recording the rest of your conversation, say, "That wasn't for you." This also deletes whatever it just recorded from your history. You can also tell Siri, "That wasn't for you," when it turns on accidentally. However, Apple hasn't confirmed whether this phrase wipes your previous recording from its memory.

7. Light it up

When it's dark and you're trying to read a menu or make your way down a poorly-lit hallway, you don't want to fumble with your phone to find the flashlight. Say, "Turn on the flashlight." It works for both Siri and Google Assistant. Just say the wake name first to make sure they're listening. If you're a Harry Potter fan, you can say "Lumos." It references the spell Harry and his friends use to light up their wands. Say "Nox" to turn the light off.

You may also like: [Smartphone tricks to never miss an important call or text notification again](#)



Help with Account Registration on MyLegion.org

Table of Contents

[BEFORE YOU REGISTER PLEASE READ](#)

[Register a New Account](#)

[Verify Account - User Registered Message](#)

[Register FAQ](#)

BEFORE YOU REGISTER PLEASE READ

- Register using the email on your membership record. Registering with a different email will not include membership details or officer/committee activity.
- Do not register with a post, squadron, county, or district account. All MyLegion accounts are individual member accounts. Access to post and squadron membership management and online membership processing, reports and rosters are provided to members that hold an Adjutant or Commander position.
- Do not share e-mails. Only one email can be registered. The same email on multiple records will allow only one registration. Other accounts with the same email will not be allowed to register.
- To update or verify the email on your membership record contact your department headquarters.

Register a New Account

1. Go to myLegion.org and select "Register"
2. Enter email in the [Register window](#) and click "Next". Register with the email address on your membership record. Registering with an email other than the one on your membership number will not include membership details or officer/committee activity.
 1. Mobile No (Optional) – no functions at this time. Future enhancement.
 2. Two-Factor Authentication –not recommended unless you wish to add extra security each time you log in. Setting two-factor authentication requires the password and a security code emailed with each log in.
3. Enter your Last Name, First Name and check consents and click "Next". [View](#)
4. Create your password in the [welcome window](#). - The email entered must be verified. The email is verified one of two ways.
 1. Enter the OTP [sent to your email](#) and click "Finish Registration". This is sent after step 2.
 2. Do not enter OTP and click "Finish Registration". An [email will be sent](#) with a link to confirm and returns to the login page.
5. Click My Account from your myLegion home page view your membership information. Officers registering for post and squadron access will find that information on the My Account window.

All are welcome to come and donate!

This can count on your Post's Consolidated Post Report

Use link to sign up for donation time – bloodassurance.org/american

BLOOD DRIVE

ONE DONATION SAVES 3 LIVES



American Legion 95

October 1, 2022



12:00 p.m. – 4:00 p.m.

Free Pizza and shirt

To schedule an appointment:

Contact Pam Nemec at 423-834-2862 or visit bloodassurance.org/american

Please eat a good meal, drink additional water, avoid energy drinks and bring your I.D.

All donors in
October will
receive this
Fall Mug!



Save time on your donation by answering your health history questions before you arrive. Download BA QuickScreen on your phone or answer questions online at bloodassurance.org/quickscreen



#balifesaver

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