



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

**Issue Number: 9**  
**Month: April**  
**Year: 2022**

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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's  
Convention  
May 12<sup>th</sup>, 6:00 PM

Tennessee Wesleyan Univ.,  
204 E. College St, Athens TN  
37303

Post Adjutant Delores  
Anderson #423-507-4938  
Email:  
anddol1750@gmail.com  
Host Post 68 Athens. Menu:  
Lemon Rosemary Chicken or  
Salmon, Roasted Potatoes,  
Salad, Succotash,  
Squash/Zucchini Medley,  
Black Forest Cake, Coconut  
Cake, Drinks Price: \$15.00

District 3 Commander Ron White

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

website: [taltn3rd.org](http://taltn3rd.org)

## Commander's Score

Here are my suggestions borrowed from the American Legion's suggestions: April is (Children & Youth Month). See page 13 of the 2021 Officer's Guide and Manual of Ceremonies. Check out [legion.org/publications](http://legion.org/publications) for ideas. Start planning for the election of Officers. If your officers are happy right where they are, and doing a good job then don't fix what isn't broke. Think about any training you would benefit from and ask for it. Continue doing Buddy Checks, and encourage those who haven't been to meetings in a while to attend. Reach out to the non-renewed members and try to determine what is standing in their way to renew. Be creative and come up with something which would encourage veterans to want to attend a meeting. Invite Community leaders to be guest and share what the needs of your community are concerning its youth. Spring is on the way; continue Spring cleaning of your Posts.

Remember (KISMIF) regardless of what you decide to do as a POST.

Ronald White, 3rd District Commander, Dept. of TN

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

In the great immortal words  
of whomever:

**FAILURE TO PLAN IS  
TO PLAN TO FAIL.**

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

## Buddy Checks

As Legionnaires, our most sacred responsibility is to look out for each other and our fellow veterans. The American Legion National Executive Committee passed Resolution 18 during Spring Meetings in May 2019. The resolution called for "Buddy Checks" to be conducted Legion-wide during the weeks of The American Legion's birthday, March 15, and Veterans Day. The success of the "Buddy Check" program exceeded expectations and proved to be a valuable year-round method to provide assistance and resources for veterans in need. Participation in the program was remarkable, and the results helped confirm that The American Legion is in an ideal position to fill the critical gap between separation from military service and where they

seek the needed treatment from the Department of Veterans Affairs. Veterans today face the existential crisis of finding new purpose after transition, and coping with post-traumatic stress, traumatic brain injury and other social, economic, mental or physical stressors. This critical time in a veteran's life is when they are most vulnerable to suicide or other self-harm and The American Legion seeks to be a partner with the Department of Defense and the Department of Veterans Affairs to preserve and protect the lives of our veterans. Suicide awareness and prevention is the most consequential responsibility of our generation of Legionnaires, and the "Buddy Check" is just one of the many ways we hope to address the crisis.

[\*\*Buddy Check Manual\*\*](#)

## The Bob Woodruff Foundation aims to ensure Veterans have access to services, opportunities they need - News Sections [#VetResources](#) [Guest Posts](#) [Vets Experience](#) Published On: February 16th, 2022|568 words|1.9 min read

Through their service, Veterans have our backs. When they return home, it's vital that we have their backs, too. The Bob Woodruff Foundation's Got Your 6 Network includes the foundation's grantees and national network of local partners. It's the largest non-governmental network of Veteran service providers in the country. Collectively, these partners support millions of Veterans, service members and families in the communities they call home. Through the Got Your 6 Network, the Bob Woodruff Foundation (BWF) ensures that Veterans have access to the services and opportunities they need. To help partners maximize their impact, the Bob Woodruff Foundation provides access to free programming: Learning opportunities

BWF invests in expert-led learning opportunities tailored for their network's needs. For example, a top need among Got Your 6 Network partners is funding. In addition to designing custom funding opportunities, BWF invited leading expert Andy Robinson to teach a no-cost webinar series on community-based fundraising ([available to stream](#) here). The webinars focused on building partners' capacity to tap into the nearly 80% of American philanthropy that comes from individuals, families and local community resources. The foundation also convenes expert panels to explore and find solutions to pressing issues, such as [food insecurity](#) and [legal services for Veterans](#).

### *Networking opportunities*

Sharing valuable information keeps partners from having to "reinvent the wheel." BWF creates opportunities for their partners to connect, inform and inspire one another. Through regular virtual meetups and an online forum, partners share resources and best practices, ask questions and troubleshoot challenges.

**Funding opportunities:** Funding opportunities include the Got Your 6 grants program, collaboration funding specifically designed for local partners, and targeted funding opportunities to tackle specific challenges.

Learn more about the Got Your 6 Network and how you can get involved:

- Nonprofit orgs: [Grant applications](#) are accepted on a rolling basis and processed twice a year in the spring and fall.
- Collaborative organizations: [Reach out](#) to explore becoming a local partner.
- Supporters: [Find a local partner near you](#) and ask how you can support ongoing collaborative efforts in your community.

*About the Bob Woodruff Foundation: The Bob Woodruff Foundation (BWF) was founded in 2006 after reporter Bob Woodruff was wounded by a roadside bomb while covering the war in Iraq. Since then, the Bob Woodruff Foundation has led an enduring call to action for people to stand up for heroes and meet the emerging and long-term needs of today's Veterans. To date, BWF has invested over \$85 million to Find, Fund, and Shape™ programs that have empowered impacted Veterans, service members and their family members across the nation. Please visit [bobwoodrufffoundation.org](http://bobwoodrufffoundation.org) or follow us on Twitter at @bwf.org.*

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## Free programs to keep your computer software up to date

By Serena O'Sullivan, Komando.com • February 24, 2022

Developers are always working hard to improve the software on your computer. That's because hackers are constantly analyzing popular programs for bugs and hidden backdoors. When they find an opening, the news spreads like wildfire — and then it's open season on your digital life.

Because of this, keeping your programs updated is one of the most effective ways to protect yourself from hackers. But it can be hard to stay on top of all the programs. After all, who wants to check for software patches and operating system flaws manually?

It can seem like a daunting task. Luckily, you don't have to worry about working hard to protect yourself. These free tools can update your outdated software, taking all the heavy lifting off your hands. Here's how you can protect your computer, brought to you by our sponsor, [Dell](#).

A software updater is like a digital bodyguard: it tells you about outdated software so you aren't taken by surprise

One of our favorite programs is [Sumo](#), which stands for "Software Update Monitor." This free app lets you know when programs on your PC need extra attention.

It automatically spots required updates and patches for your software, and it knows when new drivers are ready for download. It's also versatile in that it can check apps as well as screensavers and other add-ons. It ensures that your whole system is always up-to-date.

It's handy since it distinguishes between the types of updates your app needs. For example, it'll recognize a major update compared to a minor update, which gives you the power of choice. Plus, you can run it from a portable location if you're on the go.



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.](#)



Its neat interface helps you find updates ASAP. | Photo © [Sumo](#)

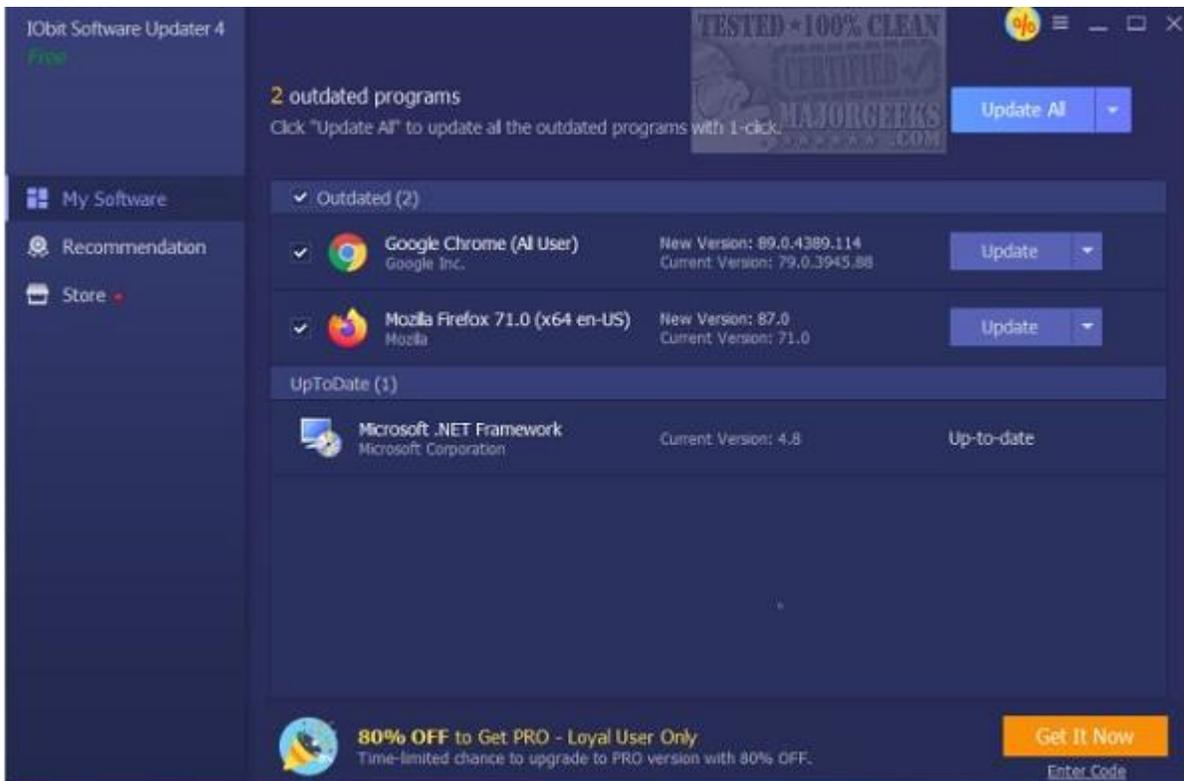
All you need to do is run the app and give it time to complete its scan. Once done, it will provide you with a list of all your missing updates, which you can browse through to decide which you want to download.

## [Software Update Monitor](#)

Not sure you want to get in the ring with Sumo? Here's another free software updater that can wrestle away outdated programs: [IObit Software Updater](#).

This program wears many hats. Not only is it simple and easy to use, but it's stuffed with helpful features, like bulk downloading and updating as well as in-program updates.

Plus, its interface is crisp, revealing current and new version numbers. So you know exactly what you're working with. The only shortcoming we could find: You have to pay if you want automatic updates.



## [IObit Software Updater](#)

Run a small business? Dell is here to help

When you run a business, finding the right tech is vital. You don't want to waste money on tools that won't get the job done. This PC works great for what we do, but your business is different. What *you* need might be different, too.

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