



American Legion Post 379  
1245 North Industrial Blvd  
Bedford, TX 76021

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[www.hebtxpost379.org](http://www.hebtxpost379.org)

## NEWSLETTER

MARCH 2014

### COMMANDER'S MESSAGE

Please be advised that Spring is only 3 more weeks away. Spring officially begins on March 20, 2014. This has been the longest and coldest winter I can remember here in Texas. Daylight Savings Time returns on March 9<sup>th</sup> so remember to set your clocks ahead one hour when you go to bed on March 8<sup>th</sup>.

If you're ready to "get out" then come on down to your local Legion Club Room where the Legion, Auxiliary, Son's of the Legion, Legion Riders and the 40 & 8 are planning some fine meals and entertainment to support various programs. Some of the projects include Cancer research, Boys State, Girls State, Scholarships, Post improvement projects including a permanent flag retirement area, Boy Scout and Cub Scout programs and support local baseball teams. All money raised at our Post goes to support our Veterans and their families.

Come on down and visit our Club Room where everyone "knows your name" and you earned the right to come through our front doors. We are not open to the Public; we are a "Members Only" Organization.

Support your Post and our Commitment to Community Projects.

For God and Country

**David Eagan – Commander**  
[dj\\_eagan@yahoo.com](mailto:dj_eagan@yahoo.com)

### AUXILIARY NEWS

There will be an ALA General Membership meeting on Thursday, March 6<sup>th</sup> at 7:00 p.m. We will have an ALA Executive Board meeting on March 20<sup>th</sup> at 7:00 p.m. We still have lots of programs left to complete for the year, so please come out and help with these very important programs so that we can support our Veterans and their Families.

I would like to thank all of you that participated and volunteered in helping to ensure our Sweetheart Dinner was successful. There were so many volunteers that it would take up to a half page to list them. The Kitchen Chairman Doris Hammond and the Decorating Chairman did a great job organizing the event. So my hat goes off to everyone. Our guests loved the decorations and dinner. We were so fortunate to have Texas Road House to cook for us. The winner of the Valentines Basket was Brenda Straten.

Please come out and support your Auxiliary Dinners. The proceeds from these dinners help the ALA with all of our programs such as Veteran Programs, AEF, Scholarship, Cancer Research, Membership, Girl State and Creative Arts. Breakfast is served from 8:30 a.m. to 10:30 a.m. Friday and Saturday night's Dinner are served from 6:30 p.m. to 8:00 p.m. The Auxiliary 2<sup>nd</sup> and 4<sup>th</sup> Wednesday night dinners are served from 6:00 p.m. to 8:00 p.m. In March, we will have a couple of Dinners where the proceeds will go to our Girls State, Auxiliary Scholarship and Cancer Research programs.

If you know of an Auxiliary member that is sick or has passed away or in need of help, please contact our Chaplain's Assistance – Ruth Zmroczek. Also, you may inform the Bartender, so that they can write the information on the Post bulletin board. We have lots of members that are in need of our prayers for their personal / families' health issues, so please keep them all in your prayers.

If you are not receiving e-mails from me please contact me at 817-235-5715 so that I can add you to our ALA Unit #379 e-mail distribution list.

God bless each of you and thank you for supporting our past, present and future Veterans.

**Karen Burks – Unit 379 President**  
**817-235-5717 [Karen\\_Burks@verizon.net](mailto:Karen_Burks@verizon.net)**

## 40 & 8

Our monthly Steak Dinner will be served on the 8<sup>th</sup>. The cooks for the evening will be Debbie & Jeff McKee and crew. In order to keep the quality of steaks you have come to expect we, have increased the cost of the dinner to \$15. This is due to the skyrocketing cost of beef you have no doubt experienced when shopping for your own family. Thank you for your understanding and support.

**Ron Mick - Chef de Gare VL 1185**

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### SAL NEWS

Greetings from your SAL Squadron Commander. I would like to thank everyone for continuing to recruit new members. Remember that our Monthly Fish Fry is Saturday the 1<sup>st</sup> and the meat raffle continues each Saturday at 2:30pm.

At our February meeting, we elected to change our meeting night to the second Thursday of each month at 7pm. We also elected David Owens to the post of 1<sup>st</sup> Vice Commander and Joey Cook to 2<sup>nd</sup> Vice.

Let's continue to strive for our youth and getting them involved in our programs and activities.

For God and Country.

**Jeff Meurer, Jr**  
**SAL Squadron Commander**

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### APRIL NEWSLETTER DEADLINE

Deadline for April newsletter is Thurs March 27<sup>th</sup>.

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### Regular events for the month:

**Sunday** – Happy Hour Prices all day  
**Monday** – Special prices for the ladies  
**Tuesday** – Schooner Night \$1.00 4 till close  
**Thursday** – 1<sup>st</sup> Thurs General membership 7pm  
                  2<sup>nd</sup> Thurs 40 & 8 7pm  
                  2<sup>nd</sup> SAL Meets at 7pm  
                  3<sup>rd</sup> Thurs Legion Executive Board 7:00pm  
**Friday** – See calendar for dinner & entertainment  
**Saturday** – Breakfast Buffet 8:30am  
                  Shuffleboard 2:00 PM  
                  SAL Meat Raffle 2:30pm  
                  See calendar for dinner & entertainment

## 12<sup>th</sup> DISTRICT COFFEE TOUR

The Annual Coffee Tour will depart Post 379 March 15<sup>th</sup> at 9am. We will tour the various Posts in the District and return to 379 at approx 6:30pm.

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### PEER TO PEER PTSD SUPPORT

A peer to peer group support group has begun meeting at our Post on Wednesday evenings at 6pm. The meeting last for about an hour and all are welcome. They offer support for PTSD, TBI, MST and other trauma. This could be a great source of support for yourself or a loved one. For additional information contact Red Green at 214-457-2715.

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### FROM THE KITCHEN THIS MONTH

Sat 1<sup>st</sup> – Auxiliary Breakfast \$6  
Sat 1<sup>st</sup> – SAL Fish Fry \$10  
Fri 7<sup>th</sup> – Meatloaf by Mania Winner Michelle \$9  
Sat 8<sup>th</sup> - Breakfast by Mark & Darren \$6  
Sat 8<sup>th</sup> – 40 & 8 Steak Night \$15  
Wed 12<sup>th</sup> – Aux Roast Beef Sandwich \$8.00  
Fri 14<sup>th</sup> - Chicken Fried Steak by Hammond Boys \$9  
Sat 15<sup>th</sup> – Auxiliary Breakfast \$6.00  
Sat 15<sup>th</sup> – Auxiliary Corned Beef & Cabbage \$9  
Fri 21<sup>st</sup> – Auxiliary Girls State Benefit \$9  
Sat 22<sup>nd</sup> – Breakfast by Mark & Darren  
Sat 22<sup>nd</sup> – Hamburgers by Hammond Boys \$7  
Wed 26<sup>th</sup> - Aux Roast Beef Sandwich \$8  
Fri 28<sup>th</sup> – Auxiliary Tilapia Dinner by Debby \$12  
Sat 29<sup>th</sup> - Auxiliary Breakfast \$6  
Sat 29<sup>th</sup> – Auxiliary Scholarship Dinner \$10

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### DAYLIGHT SAVINGS TIME

Daylight Savings Time starts soon so *SPRING AHEAD* on the 8<sup>th</sup> before you go to bed. This is also a great time to replace the batteries on your smoke and fire detection devices.

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### BEDFORD CLEAN UP DAY

Saturday March 29<sup>th</sup> is Bedford Clean Up Day. We will be doing our part by cleaning up the highway (157) between Cheek Sparger and Harwood. Volunteers are needed. There is a sign-up board at the Post. The project begins at 8am and will only take a couple of hours. The Post will provide breakfast to those who help.