



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

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NEWSLETTER

October 2019

COMMANDER'S MESSAGE

It is our sincere hope that you are enjoying the changes we are making to the weekly events at the Post. All are done to entice our members, family and guests to come and have fun and enjoy the Post again.

An earnest plea to attend the Auxiliary's Cancer Research benefit at the Post on October 6th. There will be a lot of "grab bags" and auctions, with the proceeds going to a very worthy cause. There will also be plenty of food.

With the enactment of the "Legion Act", please be ever mindful of the availability of new members for the Post family's goals. Encourage new membership and sign them up.

Everyone needs to be diligent in reading the Post information boards and Facebook, as we are doing a lot of impromptu and we don't want you to miss the fun!!!!

God, Country and Post #379 Proud!!

Bob Roberts – Post 379 Commander
Bob_Roberts100@yahoo.com

AUXILIARY NEWS

Hello Ladies:

Our Cancer Research Fundraiser is this weekend, October 4 – 6th. Sheryl Frydenberg has been fast at work getting ready along with her volunteers. Please come out and support this very worthy cause. Tickets for baskets will be available for sale on Friday, October 4th starting at 4 p.m. and will end on Sunday, October 6th at 3:30 p.m. Drawings will begin at 4:00 p.m. on Sunday October 6th.

We will be having a Halloween Costume contest on Saturday, October 26 with costume judging at 7:30 p.m. Gisela will be

cooking goulash, salad and bread for dinner. Entertainment will be provided by Back Beats Band starting at 8 p.m.

Early Bird Party is scheduled for November 9th starting at noon. If you have paid your 2020 dues you will be entitled to a free adult beverage.

July 1 started the renewal year for 2020. Our dues remain at \$35.00 and you can leave your payment with the bartender. We pay for all members over 75 and our juniors; I am in the process of getting those done.

Our next General Membership meeting will be on October 3rd at 7 p.m. with the Executive Board meeting at 6 p.m. Hope to see you here.

Theresa Winslow
ALA Unit # 379 President
Aux_alpost379@att.net

From the desk of the SAL COMMANDER

Greetings Post Family! Squadron 379 had another highly successful month and it is my pleasure to share the results of our hard work and the fruit of our labor to you all.

Our membership goal for 2019-2020 is 145 members, but I would like to see us hit at least 150 members for the year. Our membership currently sits at 84. It takes new members to help strengthen our Squadron. And please remember Legionnaires – if your father or grandfather served, you are eligible to be a "dual member" and your yearly dues for the SAL would only be \$10.

Our Meat Raffle is back and is just as popular as ever. Please keep in mind that on November 23rd, we will be doing 2 for 1 spins for Thanksgiving Turkeys so thanks in advance for your support.

Two new organizations were added to our growing list of donations – Victory Therapy and the Euless Police Officer Association. We will additionally be making a donation to the Auxiliary Cancer Benefit so everyone come on out and support the ladies on October 6th.

The October Fish Fry will be on Friday the 4th. I hope everyone gets a copy of this letter in time, The cook of the Day will be Ronnie Mac.

Our next meeting will be October 10, 2019. I would like to see the attendance increase. To the parents of our junior members, please bring the young men. We can find jobs for them so they can feel they are a part of the origination. Call me with any questions.

Joey Cook
Squadron 379 Commander
817.891.8774

CANCER BREAKFAST BENEFIT NEWS

The past weeks have been filled with hard work and generous giving from many sources. Once again donated baskets and gift cards will be on display 4 pm Friday, October 4th. Tickets on sale at that time throughout the weekend until 3:30 Sunday with winning tickets drawn shortly after. Tickets \$1 ea or 6 for \$5. Pancake breakfast is 9-noon Sunday, October 6th for \$6. Food will be available Sunday afternoon for purchase also. Please join us for a great time watching ball games, meeting old friends and making new ones during our 15th Annual Benefit. Proceeds stay within the Great State of Texas being sent to MD Anderson in Houston awarded in \$5000 scholarships to medical research students. Good luck and see you at POST 379.

THEY ALL MATTER!!!!

Sheryl Frydenberg

CHAPLAIN'S CORNER

Hello folks. Another month has flown by. They are going faster and faster. This month has been pretty quiet.

There is a Post Everlasting ceremony scheduled for Mr. Doug Beichtol on Saturday, October 12 at 12:00. He was a member of Post 379 for many years.

Many years ago, a happy, ambitious young lady was diagnosed with tuberculosis. Her family sent her to a nursing facility in the West for several months of care. She was destined to remain in bed for 21 years. Most people would have given up, but not her. She approached the

threshold of death on several occasions, but she never ceased to pursue the art of living. She read voraciously, loved to write letters, studied geography and taught other patients to read and write. From her bed she studied atomic energy with a fellow patient, a young physicist and organized a town hall on the topic.

While ill, she met a kind, gentle man, also a patient. She dreamed of marrying him and having a little house "under the mountains". At her lowest ebb, her dream kept her going and years later she did marry. She then wrote a book about all the good things life has brought her titled "Wish I might" published soon thereafter, earned her enough in royalties to buy her mountain retreat.

A tragic life? Hardly! This lady achieved everything she set out to do, even when the odds against her were 1000 to 1. Even flat on her back in bed. she never quit growing, learning, and giving.

Don't let life's snags keep you from reaching your goals. Not many people spend 21 years of their life in bed. Imagine what you can do with health and mobility!

We all need to accept the hand that we have been dealt and to do the best we can with what we have to work with.

My point here is to never give up with the situation you are in.

On another subject...In September of 1796 President George Washington said the following in his farewell address: "Observe good faith and justice toward all Nations, cultivate peace and harmony with all". We as Veterans can do well by following "old George's", the General's thoughts and advice in our lives, community and at the Post.

I ask of all of us to go in peace and be at peace with others.

Craig Smith – Smitty Chaplain - Post 379

HAPPENING IN OCTOBER

Tuesday October 1st

TUESDAY TRIVIA 6PM

Chili Dogs by Jessie Lopez \$5
\$3 Margaritas 6 until Close

Thursday October 3rd

Legion & Auxiliary Membership Meetings 7pm

Friday October 4th

SAL Fish Fry by Ronnie Mac \$11

Entertainment: Rough Creek

Saturday October 5th

SAL MEAT RAFFLE 2pm

Bar and Grill Menu – 1pm till 7pm

Entertainment: Austin Howell

Tuesday October 8th

TUESDAY TRIVIA 6PM

Beef Stew by Mike McCrady \$5
\$3 Margaritas 6 until Close

Friday October 11th

Smothered Steak Dinner by Mike McCrady \$10

Entertainment: Marcia Rose

Saturday October 12th

SAL MEAT RAFFLE 2pm

Rider Steak Night \$15

Entertainment: Diamond Duo

Tuesday October 15th

TUESDAY TRIVIA 6PM

Taco Tuesday by Jessie Lopez \$5
\$3 Margaritas 6 until Close

Friday October 18th

Spaghetti by Jessie Lopez \$8

Late Night Appetizer Meny

Entertainment: Doug & Ben

Saturday October 19th

SAL MEAT RAFFLE 2pm

Chicken Wings by Mike Regan \$10

Late Night Appetizer Menu 12 – 3 (Bar Menu)

Entertainment: Rough Creek

Tuesday October 22nd

TUESDAY TRIVIA 6PM

Sloppy Joes by Jessie Lopez \$5
\$3 Margaritas 6 until Close

Friday October 25th

Riders Chicken Fried Steak Dinne\$10

Entertainment: Justin Hunter

Saturday October 26th

SAL MEAT RAFFLE 2pm

Halloween & Costume Party

Goulash by Gisela

Entertainment: Back Beats Band

Tuesday October 29th

TUESDAY TRIVIA 6PM

Chili Dogs by Jessie Lopez \$5
\$3 Margaritas 6 until Close

Weekly Events:

Sunday: \$6 Burgers 1 until 3

Monday: Moscow Mule Monday

Tuesday Trivia 6pm

Wednesday: Pool Tournament 7pm

Saturday: Breakfast by Debbie \$7

Saturday: SAL Meeting Meet Raffle 2pm

15th Annual Cancer Pancake Breakfast & Raffle



AMERICAN LEGION AUXILIARY UNIT 379
1245 N Industrial Blvd
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Breakfast:

Sunday October 6th

9am – Noon \$6

Raffle Sales until 3:30pm / Drawing 4pm

Proceeds benefit Cancer Research

