



American Legion Post 379  
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Bedford, TX 76021

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

## **NEWSLETTER**

**NOVEMBER 2019**

### **COMMANDER'S MESSAGE**

November 11<sup>th</sup>, 1918 was the end of the war to end all wars. It was originally named Armistice Day. At the urging of the veterans service organizations, Congress changed the name to Veterans Day to honor all veterans of all wars. It is a day that all Americans should hold in high esteem, "as it takes a special kind of person to heed the call of service, to stand your ground when others seek shelter, to face unmentionable danger so others can stay safe", as stated by Ambassador Jean Manes.

The Post is honored to be able to participate in the Grapevine Veterans Day Parade on November 9<sup>th</sup>. I am asking for you to show your Post 379 Pride and plan to attend. The City of Fort Worth will conduct its Parade on November 11<sup>th</sup> and again the Post would like for you to attend.

If you will be at home on Thanksgiving Day, why not come to the Post and join us for the celebrations. We would love to see each and every one. If you are traveling, please be careful and come back safe.

Also, keep in mind that the Post is planning a great New Years' eve celebration at the Post. Planned, so far, there will be Casino, food and a great band to welcome in the New Year. We will also have black-eyed peas and "bubbly-water" at midnight. More information will be forth coming as we get closer to that day.

I would like to extend my congratulations to the Ladies Auxiliary for a great Cancer Research Day. It was a great day, everyone seemed to enjoy themselves and the donations were for a great cause. Kudos Ladies!!!

God, Country and Post #379 Proud!!

**Bob Roberts – Post 379 Commander**  
**[Bob.Roberts100@yahoo.com](mailto:Bob.Roberts100@yahoo.com)**

### **AUXILIARY NEWS**

Hello Ladies:

THANK YOU.....to our American Legion Family members who helped with and participated in the Cancer Research Fund Raiser. As of today we have raised over \$19,000; Sheryl's goal is \$20,000 so we are well on the way. Sheryl and I were able to attend the appreciation luncheon in Houston on October 18. It was great to hear the fellows who have benefitted from our donations talk about what areas they are researching.

Leadership is not about being a 'BOSS'. ALA is all voluntary work, no one works for another person. When doing things with others you can't tell them what to do but you can suggest it. Offer a choice from a different view, chose your words carefully to persuade others to do it your way without being rude. Give them the options on solving a problem. There are several ways to be a good leader in our ALA. Give it a try and show them the way to a better ALA.

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. All of the over 75's membership cards have been mailed. Thank you Eileen Pollen for your help. I will work on the juniors next.

Your Auxiliary has scholarships available for family members. Applications must be turned in to the Post by Jaunuary 15, 2020, to be eligible for a spring semester scholarship. Applications are available at the Post.

The Post will be hosting a Thanksgiving Day Luncheon starting at Noon November 28, 2019. I will have a sign up sheet available for sides to be brought in.

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 November 7 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**

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### **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 95. 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.

We now have seven organizations that we make monthly donations to so things are going very strong in that regard. Speaking of which, the Auxiliary just had their Cancer Research Benefit and I am proud to say that the Squadron presented them with a check for \$900. Congratulations go out to our fine Auxiliary for another job well done!

The October Fish Fry will actually not take place this month. This is because we have something much better planned for you all – German Night by Gisela. For \$11, I promise you that you will have the best German Meal of your life. Please come on out Saturday, November 1st and support your local Squadron!

Our next meeting will be November 14, 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**

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## **CANCER BREAKFAST BENEFIT NEWS**

THANK YOU THANK YOU THANK YOU EVERYONE for helping make our 15<sup>th</sup> Annual Cancer Research Benefit such a great success again this year. We are off to a fantastic start for our 2019-2020 year. With deposited funds and pledged monies we have raised \$19,040 already this year.

President Theresa and I had the honor of attending the MD Andersen Cancer Research luncheon on October 18, 2019 with other ALA units from the Great State of Texas. We were able to meet and visit individually with several of the scholarship recipients and hear how they were using their funds awarded through a competitive selection process. Our donation from this past year supported 3 of the 12 students awarded \$5000 each. A power point was given by each of the recipients briefly describing their selected field of study. Their passion for their individual study was chosen several times due to their own personal experience with cancer in one way or another.

Thank you from my heart for allowing me to chair such a worthy project and again many thanks for generously giving your ideas, time, raffle articles, energy and money. The dedication from everyone reinforces that Post 379, Bedford, Texas is the best there is. For God and Country; Service Not Self.

**Sheryl Frydenberg**

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### **CHAPLAIN'S CORNER**

Good Afternoon fellow Members of Post 379. The Maker has blessed us with a relatively quiet October.

On Saturday 11/26 Dan Burger was admitted to TX Health with pneumonia. Keep him and Michelle in your prayers.

I offer you some sometimes a little humor but also a short lesson.

Tom Kelly managed the Minnesota Twins to a World Series title in 1987, his first full season as their manager-- and then again managed them to their second title in 1991. Yet to watch him at work, critics have wondered if his vital signs had been stolen. Asked one sports writer, "How has T. K. managed all this, while lowering his blood pressure to the equivalent of the water pressure in your first apartment? He doesn't chew on his fingernails or Roloids or tobacco or, his players?"

How? One of his trademarks is that he is a man of few words. He enjoys throwing batting practice every day, in

part because he believes that every minute he is throwing, he doesn't have to speak to the media. "I'm not really intelligent," T.K. claims. "I have a year and a half of college. But I have enough common sense to realize that I am not intelligent. I realize that if I keep talking, I will eventually say something dumb. So I don't give myself a lot of opportunities to open my mouth and stick my size 11 foot in it. Tom Kelly is far from dumb. So is any person who is smart enough to limit what he or she says. We all know folks that fit this mold.

The trouble with the person who talks too fast is that he often says something he hasn't really thought of yet. Every individual has a place to fill in the world, and is important, in some respect, whether they choose to be so or not. Tom Kelly knew his place to fill in the world and did it well.

There have been a number of people that have been working very hard to improve the post in many ways. There is food now available every day during certain hours. A very good menu of numerous bar staples. The smoking patio is complete. For those of you who have not been in for a while, I whole heartedly suggest that you come back in and allow yourself to enjoy the changes. I think that it will help you to decide to come back more often. Thanks again from the Chaplain for all the hard workers who have contributed to these great changes and improvements.

Follow the Light in Your Life. It will never misguide you-never.

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### **Craig Smith – Smitty Chaplain - Post 379**

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#### **LEGION RIDER NEWS**

Greetings Post,

ALR would like to thank everyone who supported our meals in September. Due to your support we had the opportunity to Bless Auxiliary's Cancer Research with a check in the amount of \$1000. Thank you Ladies for your hard work, you did an Awesome job for this worthy cause.

ALR was contacted by, Charitable Resource Company. They donated 52 wheelchairs to ALR. We found DME Medical in Dallas who assist those in need of medical equipment. At that time DME had a waiting list of 25 folks that were in need of wheelchairs. We were able to fulfill their need and allow them to have a surplus for future needs.

Thank you Frayer Logistics for donating and supplying the truck and driver. Special Thanks to Crash, Sasquatch, and Snuff for finding time in the middle of the week to pull off this generous task.

Thank You, Rob "Rob Dwag" McKay and friends, also SAL, all our members of ALR, and the support of the Post for helping us get Steak Night back on track. The Past 2 months have been a Great Success. We look forward to many more.

November 16, ALR will be hosting our 2nd Annual Chili Challenge. If you plan on entering please sign up on **ONE** of our 3 sign up sheets **located**, mens room, ladies room, or with the bartender. We will have games, prizes, and entertainment. Come out for a fun day. This year our proceeds will benefit the Patriot house, Liberty House, and Presbyterian Night Shelter.

We are entering the giving season and along with that comes many charity rides. We are still in the process of deciding which ones to participate in as a group. We will be posting fliers. You may also keep up with us on Facebook:

#### **American Legion Chapter 379 Riders**

We will be cooking:

Steak Night November 9

Chicken Fried Steaks November 22

If your interested in rides or information please feel free to call, email, or text.

Thank you once again for your support of the 379 Riders!

"Ride Your Own Ride"

Sincerely,

**Lahonda "Fireball" Cook**

**Chaplain 379 Riders**

**214-886-4725 / [hondim@yahoo.com](mailto:hondim@yahoo.com)**

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### **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: Meet Raffle 2:30pm

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