



American Legion Post 379  
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[www.hebtxpost379.org](http://www.hebtxpost379.org)

## **NEWSLETTER**

**MARCH 2021**

### **COMMANDER'S MESSAGE**

My fellow Legionnaires and family,

On behalf of the Post, we are hoping that all are continuing to stave off the COVID-19 and all have survived the snow storm of 2021. The Post came through fairly unharmed with no power or water loss.

Because the hospital rate has dipped below 15% and remained there, the Post is able to open at 50% occupancy. But the mask has been mandated to May 25<sup>th</sup> and we will abide by that requirement.

To commemorate the above, we will be hosting a dinner on March 18<sup>th</sup> starting at 5:00 p.m. I have asked Ronnie Mac to prepare his famous chicken, sausage and beans with members contributing the sides. This is a "kinda" of a welcome back party and are hoping that you will attend.

Speaking of the March 18<sup>th</sup>, the day before (March 17<sup>th</sup>) is St. Patrick's Day. Lamita has promised me an "unforgettable day". Don't know what that means, but sounds like she is coming up with a great plan for the day. Please stay tuned to the message board and Facebook page for the updates.

As I mentioned in the last letter, the Legion has restarted Steak Nite on the first Saturday of the month. For February, Mr. McCrady sold 25 steaks in about 30 minutes. On March 6<sup>th</sup>, I am cooking the steaks and we have increased to steaks to 35. Am looking forward to ya'll coming and supporting the Post. Also, am disappointed that no one has stepped up and volunteered to cook in April and beyond. This is a means of getting the Post back on its feet and digging us out of the "hole" that the COVID has caused. I am asking for you to contact me or Mr. McCrady and let us know that you are willing to help the Post.

As a reminder, the Post elections will be held on June 3, 2021. In accordance with the newly approved Constitution and By-Laws, we will have early voting on that day until 6:00 p.m. for members who cannot attend the General membership meeting. If you are interested in holding a position, please see Mr. Jim Grau, First Vice, with your resume and/or qualifications. You can "come off the floor" at our General Membership meeting on May 6<sup>th</sup> and be placed on the ballot. If you are dissatisfied with the Post, by running and accepting a position is the way to make your voice heard.

In closing, please remember:

But, please remember:

FOR GOD COUNTRY and POST 379 PROUD.

**Bob Roberts – Post 379 Commander**

[Bob\\_Roberts100@yahoo.com](mailto:Bob_Roberts100@yahoo.com)

### **AUXILIARY NEWS**

Hello Ladies

It's so good to see our Post open after closing due to our winter storm in February. Yes, we certainly do things BIG in TEXAS.

While the snow was beautiful. I know many people suffered bitter cold conditions with no electricity and/or no water for hours and even days. Let's hope things are getting better and back to some normalcy.

Membership is coming right along. Thanks to everyone who has paid their dues thus far. Our Unit has a Department goal set for 400 members. Theresa Winslow has been working hard sending in memberships. We currently have 375 paid giving 92% of goal. Way to go ladies.

Girls State will be held virtual again this year. Judy Davidson is already working hard with area high school applicants. Please reach out to her if you know of a young lady interested.

PLEASE SAVE THIS DATE!! We will be having our final fund raising for Cancer Research on April through April 11th. While not being as large as in formal years, there will be more baskets than in the fall and our gift cards will be on display also. The Auxiliary will be serving a delicious dinner both Friday and Saturday with a Pancake breakfast on Sunday the 11th. We're in need of your help accumulating paper towel rollers as well as non- gender fillers for our poppers. Sign up sheets will be posted for volunteers.

Thursday, March 18th will be ALA meetings: Auxiliary Board meeting 6pm and General Membership meeting 7pm in Proctor Hall. Please plan on attending. Your ideas and input are vital for our continued success.

Thanks and remember:  
Service not Self

**Sheryl Frydenberg – Unit President**  
**Aux\_alpost379@att.net**

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### **From the desk of the SAL COMMANDER**

Greetings Post Family! This COVID Pandemic sure has had us making alternative plans on the fly based on whether or not the Post is open at any given moment. To refresh your memory, here are the results of our last elections and here are your 2020-2021 Officers: Commander – Joey Cook, 1<sup>st</sup> Vice Commander – David Owens, 2<sup>nd</sup> Vice Commander – Michael Allen, Finance – Charlie Gardea, Adjutant – Daniel Fallon, Sergeant at Arms – Ronnie McClendon, and Historian and Chaplain are open for the moment. We will be conducting elections at our May meeting in order to elect new officers for the 2021-2022 year.

Catfish Fry is back in all its glory on the first Friday of the month! This month we will be serving catfish on Friday, March 5<sup>th</sup> and the same rules apply as always.

Our Membership Goal for the year is 152 and we currently sit at 146 members so we will once again be pushing to meet our quota for the year -we are extremely close. We have not been working our programs due to the COVID shutdown but that is slowly changing. As a result, we are tentatively looking at restarting our weekly meat raffle

and this will most definitely be discussed and voted on at our next meeting.

Our next meeting will be Thursday, March 11, 2021 at 7 PM. I would like to see the attendance increase. Call me with any questions.

**Joey Cook - Squadron 379 Commander**  
**817.891.8774**

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### **RIDER NEWS**

Greetings Post Family! Due to world events and Mother Nature, not much has changed but riding season is rapidly approaching. Chapter 379 had been rocking and rolling along. I sincerely hope everyone is staying safe during these trying times.

We have been back to cooking our normal schedule. As for March, we are solely scheduled to cook our World Famous Chicken Fried Steak Dinner on Friday, March 26<sup>th</sup> from 5:30 – 8:30 for a cost of \$10.

Additionally, the next Riders meeting is scheduled for Friday, March 5<sup>th</sup> at 20:00 – the same night as the SAL fish fry so I look forward to seeing a packed house so we can make some money for our post.

“Ride Safe and Keep the Rubber Side Down!”

**Joey “Crash” Cook, ALR Director**  
**817-891-8774 [crashcook@yahoo.com](mailto:crashcook@yahoo.com)**



**MARCH 14TH**

## CHAPLAIN'S CORNER

Dolores and I received our second virus shots last week. Feel so much safer now????? Hope everyone has at least their first if not their second shot by now.

There are no new illnesses or passings since the February newsletter was published a month ago. Now there is a blessing in itself. Let us hope that the virus is being conquered slowly but surely by these different vaccines that are now available for injections. As we proceed thru 2021 let us hope and pray that this year will not be as trying as last year.

The big winter storm was quite an adventure for us all wasn't it? I feel so sorry for the folks that lost power and suffered frozen pipe and water damage. I know many are still suffering and are in my prayers. Texas weather sure is worse can be fickle-one week we are below zero and 6" of snow. The next week we have 70-84 degree days. Makes no common sense whatsoever. Just shows us who is Boss.

The Lord says "Be strong and courageous. Do not be afraid or terrified because your God goes before and with you; He will never leave you nor forsake you."

Matthew said "Do not worry about tomorrow, for tomorrow will take care of itself." To believe and follow this passage is difficult with all the strife, and sickness that surrounds us every day but if you allow yourself to think for a minute, we can't influence or change what might happen tomorrow. It is impossible. The Almighty's plan was put in place long ago and it is set to play out until He sees fit.

I want to talk to you all about a six letter word that is so common in our language and we don't pay much attention to it until we have to start dealing with it. **CHANGE**. As Dolores could attest, I like things in their place, one special news channel, and one place for the remote. As we can all agree to-aging and the dislike of it. You go to bed, wake up and can't figure out why your leg is hurting or develop a limp during the day for no apparent reason. We can't escape Father Time. He is on his way.

What we have to do is **MAKE PEACE WITH CHANGE**. It is not easy but it can be done. One day at a time. Navigate life's messy transitions with honesty, grace, tenacity, and most of all patience and a sense of humor goes a long way in dealing with our new buddy **CHANGE**.....

Just as we have had to do when we were 18 ,30, 50, 70, etc, we have to dig in and face our fears. I am not saying it is easy, I can sure tell you that. Sometimes we feel that we are barely keeping our heads above water,our stress levels are high, we just have to stop and get a grip on the situation. When change has messed with our life so badly that we feel like we are stuck in a holding pattern with life not giving you an inch. You feel like you are in that "in between" place. I have finally realized that it is not so bad to just drop anchor and you come to realize that by having to wait out the storm that your time wasn't wasted after all.... "time well spent". In making peace with change this old veteran has come to accept that **CHANGE** is not that bad after all.Try to adapt to the changes in your life. Some are needed, some are not wanted, some work out for the better although you don't realize it at first, but all in all, life is a series of changes from birth to beyond.

All that we have is a gift from God; therefore, whatever we offer Him is only a

portion of what He has already given to us.

FOR GOD AND COUNTRY,

PEACE BE UPON YOU

**CHAPLAIN SMITTH**

**American Legion Post 379**

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**MASKS REQUIRED**

**Masks available at front entry**

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**MARCH 17<sup>TH</sup>**

