



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

817.267.6047  
[www.hebtxpost379.org](http://www.hebtxpost379.org)

## **NEWSLETTER**

**APRIL 2021**

### **COMMANDER'S MESSAGE**

We have completed another month and the Post appears to be going back to a new normal. Because several of our members and/or family have received at least the first shot vaccine, we are seeing our members coming back into the Post. That being said, we still need to be aware that the virus is real and that precautions still need to be observed.

We have scheduled bands back into the Post on Fridays and Saturdays. This goes with the meals that are being prepared. Our hope is to give our members/families a reason to come back into the Post. If you have not seen the newsletter recently, we offer food items throughout the week, along with drink specials. Please read the newsletter or the Facebook for the latest updates.

On the flip side, we are still approximately 300 members short of our goal. I know Jim Grau has been contacting past members and encouraging them to submit their dues, but he needs our help in getting the word out about why a veteran should belong to the Legion.

We will be having the elections for new officers starting in April. If you are interested in a position, please contact Jim Grau, Dennis Gossett or Dan Fallon to get details of what the position entails. You can come off the floor at the May General membership meeting and be included on the election ballots. We will still have early voting on the first Thursday in June. I encourage everyone to think about a position and what you can do to improve the Post and its operations.

Since I do not have a lot to bring to this report, I will close for now.

But, please remember:  
FOR GOD COUNTRY and POST 379 PROUD.

**Bob Roberts – Post 379 Commander**

### **AUXILIARY NEWS**

Hello Ladies

Greetings Auxiliary Members. I'd like to give a big thank you to everyone that attended our general membership meeting. So many things to discuss and business to be taken care of after the long months of no meetings. My thanks to you and hope to see even more in attendance at our next meeting on Thursday, April 15<sup>th</sup> at 7pm.

Our final push for Cancer Research is being held April 9<sup>th</sup>, 10 and 11<sup>th</sup>. Baskets and gift cards will be on display and available for ticket sales beginning Friday at 4pm and continue until 3:30 Sunday with drawings beginning shortly afterwards. Tickets will be \$1.00 each or six for \$5.00. We'll have poppers for sale twice Sunday for \$2.00 each. We will have select items for a live auction after raffle drawing. The Auxiliary is preparing delicious "from scratch" dinners Friday and Saturday nights with proceeds going directly to Cancer Research for MD Anderson in Houston, Texas. Don't forget once again Ronnie Mac is flipping pancakes for breakfast Sunday. Please check the calendar for specifics for the whole weekend and make your plans now.

A sign up sheet is posted by the front door for MUCH needed VOLUNTEERS to help during the weekend. Please take a look and sign up for a couple hours in one or more areas.

Many thanks to a marvelous group and the help and support from all entities within our Post to help make our event a success!!

Thanks and remember:  
Service not Self

**Sheryl Frydenberg – Unit President**  
[Aux\\_alpost379@att.net](mailto:Aux_alpost379@att.net)

## From the desk of the SAL COMMANDER

Greetings Post Family! 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, April 2<sup>nd</sup> and the same rules apply as always.

Our Membership Goal for the year is 152 and we have met that goal. Great job to everyone involved in recruiting new and existing members! We have not been working our programs due to the COVID shutdown but that is slowly changing. The Saturday Meat Raffle has resumed with five rolls per Saturday. We are looking to increase that to the usual ten but we need everyone's help in increasing Post attendance.

Our next meeting will be Thursday, April 8, 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! 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.

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slowly changing. The Saturday Meat Raffle has resumed with five rolls per Saturday. We are looking to increase that to the usual ten but we need everyone's help in increasing Post attendance.

Our next meeting will be Friday, April 2, 2021 at 8 PM. I would like to see the attendance increase. Call me with any questions.

"Ride Safe and Keep the Rubber Side Down!"

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



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## 16<sup>th</sup> Annual Cancer (Spring Fling) Pancake Breakfast & Raffle



AMERICAN LEGION AUXILIARY UNIT 379  
1245 N Industrial Blvd  
Bedford, TX 76021

Breakfast:  
Sunday April 11<sup>th</sup>  
8am – Noon \$7

Raffle Sales until 3:30pm / Drawing 4pm

Proceeds benefit Cancer Research



## CHAPLAIN'S CORNER†

Wow did March fly by in the blink of an eye. We do have one name on sick call for March. Markum Hotze is on hospice care now. Prayers are welcome.

All of us have people come and go in our lives. We must keep our eyes, mind and heart open to learn something new from each experience. We must continue to make new friends. Friends of our generation continue to pass on to Paradise. They were an important part of our lives and we will miss them. You can't replace them just add new ones to your list of current acquaintances

"I am the Lord your God who takes and holds your right hand". Harriet Tubman was one of the remarkable heroes of the 19<sup>th</sup> century. Showing remarkable courage, she guided more than 300 fellow slaves to freedom after she finally escaped slavery by crossing into free territory in the United States North. Not content to simply enjoy her own freedom, she ventured back into slave states nineteen times to lead friends, family, and strangers to freedom, sometimes leading them all the way to Canada. What drove Tubman to such brave action? A woman of deep faith, she at one time said this: "I always told God, I'm going to hold steady on you and you have to see me through." Her dependence on God's guidance she led people out of slavery was a hallmark of her success.

What does it mean to "hold steady" to God. A verse in the prophecy of Isaiah might help us see that in reality it's He who holds us as we grab His hand. Isaiah quotes God who told him, "I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you. Harriet held tightly to God, and He saw her through. What challenges are you facing? Hold steady to God as He "takes hold" of your hand and your life. "Do not fear." He will help you!

With as much turmoil and challenges as we have had to change and adapt our lives to the world we are living in these days, why don't we all try this Enjoy where you are on the way to where you are going. No matter where you are headed always try to enjoy the trip. Know this, whatever direction you are headed in, God is always with you. We can rest and relax and trust knowing that we are safe and secure in God's presence. Just think of how Post 379 suffered in the last 12 months Our nation has been terribly divided and still is. The world is in upheaval and turmoil you wonder what could possibly happen next? Next-such a powerful little 4 letter

word. Only One knows what will happen next. It is his Master plan and only he knows that plan. We know what will finally happen last, at least Christians do. Are the best days of your life in front of you? Our outlook on life-and our answer to that question-can change with time. When we are younger, we look ahead. Once we have grown older, we yearn for the past. But-when we walk with our maker whatever our age, the best is yet to come. Regardless of our age, God's "everlasting arms" faithfully carry us securely through each day.

The Nations shutdown caused irreparable damage too everyone in so many ways. Loss of revenue, jobs, health situations, etc., included. The loss of socialization for so many of our members suffered alone in their homes. We all had to stay secluded to try to avoid the virus. It seemed that there was no end in sight. Psychologically some will take a very long time to heal while some may never feel "normal" again. The last 12-13 months has definitely changed all of us in so many ways, while there has been a tremendous amount of good that has resulted due the wrath of Covid 19, there has been untold amounts of serious to our lives.

I ask for common sense for all April Fool day prancers. Some pranks are fine but some can turn sour or even can cause injury. Use your best judgement.

I ask for protection for all men and women in uniform around the world and peace for their families at home.

**CHAPLAIN SMITTH**  
**American Legion Post 379**

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