



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

817.267.6047

NEWSLETTER

MARCH 2022

COMMANDER'S MESSAGE

We have survived (so far) the turn of the weather and we have had to be closed 3 days last month and I hope we are at the end of that.

Fridays and Saturday's dinners still need some help and I hope we can get more to volunteer. I hope we can continue to present a consistent schedule.

The Queen of Hearts and meat raffles continue to be a big draw on Saturday afternoon as does the shuffleboard tournament.

We will have a dedication ceremony on March 19th to place our historical marker on the building. There will be most of the majors of the adjoining cities and also some of our Representatives.

Our renewal rate still lags behind our goals, so let's get rolling.

For God and Country and Post 379 Proud.

Mike McCrady - Post 379 Commander

AUXILIARY NEWS

Thank goodness we made it through another round of midweek winter weather. Many things were discussed at our last Auxiliary General Membership Meeting on February 17th. After acknowledging the February birthdays of those present at the meeting we jumped into several areas of interest.

March 19th is the Auxiliary's turn to work the Meat Raffle. Presently we spin the wheel five times for select packages of meat. Volunteers are needed each third Saturday of the month to make this a successful event and raise money

for the Auxiliary. Time for spinning to begin is 4 PM. Please make plans to attend and support our activities.

To continue with activities on March 19th, Sharon and myself will be serving up Pulled Pork Stuffed baked potatoes with salad and dessert starting around 5:30. Please join us after the meat raffle and Queen of Hearts drawing for dinner and live entertainment.

The Auxiliary is excited to be hosting along with our other entities at Post 379 our first CAR AND MOTORCYCLE SHOW on May 21, 2022. We hope to have some of our own folks enter their own vehicle or motorcycle to be on display for our families, friends and the community alike. Food will be available for purchase along with other fun things such as an old-fashioned cake walk. A variety of select baskets and gift cards plus a 50/50 raffle will be held during the day. More details to follow. Please reach out to our chairperson, Kim Payne, or me regarding entry information. All monies collected after expenses are dedicated to benefit PATRIOT PAWS FOR DOGS, ROCKWALL, TEXAS. More details to follow.

Please plan to attend the General Membership Meeting Thursday, March 17 at 7PM. Joseph Campbell, veteran and member of our Post as well as 12th District Commander will be our guest speaker. He is gracious enough to share the time, some of the research and personal dedication taken to help bring to fruition our Historical Marker which will be dedicated Saturday, March 19 at 1pm. Please make plans to attend this important part of Texas and American Legion history our Post 379 has earned.

Thank you for your continued support and hard work and countless volunteer hours.

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

FROM THE SAL COMMANDER

I want to thank everyone who has signed up for the 2022 year, and hoping those who haven't signed up please do so. Your membership helps with our programs throughout the year. We have eight (8) programs that we sponsor each year. Our current membership is at 132, of our goal of 160 so I encourage those have not signed up please do so soon.

Along with one of our own member Ben A and his beautiful wife we will be serving a Mexican Night at the post, on March 12th, we would like to continue in this joint venture in the future months as well.

We will continue the SAL Meat Raffle with the new time of 4 pm on each Saturday.

March 4th will be the SAL Fish night come out and enjoy friends and some great Catfish hope to see as many people as we had last night. Would be a good night if you haven't renewed your membership, we can do that then.

For God and Country and American Legion, Thank You...

David Owens – SAL Commander

RIDER NEWS

Hope y'all are enjoying these cold snaps, snow and Ice. This month has been hard to get a ride in but some members have and end of day was good by all reports. February has been a challenge getting ourselves back to full speed.

The executive staff is hard at work getting a better attendance, filling positions, reviewing our Bylaws and getting lots of rides on our calendar from around the district. We are in planning stages for a poker run and more info should be out soon enough.

The Riders have been invited to participate in the Car show and we are totally on board. Our role will be simple, but I think our task of show day operations and local permits will give us all a chance from SAL, AUXILARY and Riders fulfill our mission together in fine fashion.

Our meals are back on track as chicken Fried Steaks and Rib Eyes and we promise the steaks are back to your standards. Thanks to the advice of the MANY Kitchen and cooking members, Riders, staff and donors we will be happy to see satisfied faces after each meal once again. Proof working together we have no limits to what we can accomplish. One thing we need to accomplish is our overload of flags not being properly stored while awaiting proper retirement. I know many of our members will be there. We are not aware of actual plans, but I personally guarantee my rider Brothers

and Sisters will be there as it is our duty to give our flags a proper retirement.

As always, if anyone of our members have an idea that needs help getting it off the ground, and you think our energy can help give a call. With that keep our service members around the world in your hearts and prayers. See ya around the post. Have a good month and stay healthy.

Our next meeting is March 6th at 2pm.

**Art "Sasquatch" Rutherford
ALR Director - Post 379**

CHAPLAIN'S CORNER†

February just flew, by didn't it folks? Each new month on the calendar seems to come sooner before we know it. Some flowers have already started blooming and trees budding. Spring will be here soon.

On February 12, the Post had a Post Everlasting ceremony for longtime member and friend Paul Rabe. The turnout of friends was well appreciated by the family

Our friend and colleague Mike Regan underwent surgery early in the week of February 20. He is now home and under the care of his loving wife Eileen who is a retired RN.

Ms. T is out of rehab and back at the Post although she is using a walker. Taking it one step at a time.

Jim "Killer" Kane is in Baylor Dallas with multiple medical issues including COVID-19. He is still in ICU - no phone and no visitors. Debbie could use some help with rides since she cannot drive because of an eye problem. Prayers would be greatly appreciated by both Killer and Debbie.

As we all know, Russia invaded Ukraine the morning of February 24. Yet another war started by a madman wanting more power and territory. The entire continent of Europe, I feel, will end up being involved in this conflict. I pray that the men and women of the U.S. armed forces that have been deployed are kept as safe as possible. At least they can communicate with their loved ones via telephone. 50 years ago, during the Viet Nam war, we had no communications except for the mail and that was spotty at best. These troops sent to Europe have filled out their wills, got their vaccines and received orders for really who knows where. We were loaded down with our gear and walked up the steps of a troop transport plane, found a seat and tried to settle in for a long, long plane ride all the while trying to keep our fears and thoughts straight. We can only hope it doesn't get worse for Ukraine and our European allies.

This conflict before it is finished could reshape Europe as we know it today and forever change the continent as a whole. These fighting men and women signed on for duty, honor, and country and to protect all three. Sooner rather than later I feel that we are in for a long brutal and bloody conflict to somehow contain Russia within her own border. Putin is wanting to gain back the old Soviet Union and we cannot let that happen. If Eisenhower would have let Patton whip the Russians during late WW2, we might not be having this current Ukrainian issue.

Merciful GOD in Heaven, please wrap your loving and protective arms around our men and women in uniform and keep them safe and out of danger. I fear that this conflict in Europe could be long lasting, but I know that you are in control of it all. I pray for your protection for all Allied troops, and I pray for a swift and decisive victory. In JESUS name.... AMEN.

Our dangers are of two kinds, this which affects our religion, and those which affect our government. They are, however so closely allied that they cannot, with propriety be separated.... To the kindly influence of Christianity, we owe that degree of civil freedom, and political and social happiness.... that mankind enjoys. In proportion as the genuine effects of Christianity are diminished in any nation...in the same proportion will the people of that nation recede from the blessings of genuine freedom... It follows, that all efforts made to destroy the foundations of our holy religion, ultimately tend to the subversion also of our political freedom and happiness. Whenever the pillars of Christianity shall be overthrown, our present republican forms of government, and all the blessings which flow from them, must fail with them. - Jedidiah Morse. (his son invented Morse code – widely used in WW1 and WW2).

I came across this article the other day and I want to share it with all of you... some of us are facing more medical challenges than others which causes us stress. According to the Mayo Clinic, laughter in high - stress environments is a coping mechanism. It can actually manifest helpful physical effects. "Laughter enhances your intake of oxygen-rich air. It stimulates your heart, lungs, and muscles, and increases the endorphins that are released by your brain".

For gosh sakes after all that we have endured in the last 3 years as a country, state, city and community, and Post. Couldn't we all use some extra endorphins that are released by the brain? I want to be first in line if they ever come out with a pill for more endorphins. After the above article I am trying my level best to seek laughter wherever I can find it. As your Chaplain with gray hair and knee deep in the aging process I advise all of you to seek out humor and laughter anywhere you can.

Ladies, Gentlemen, fellow Post 379 members, Be strong and courageous. Do not be afraid or terrified because of anything, for the Lord your GOD goes with you; he will never leave you nor forsake you. Everyone benefits when GOD's love is shared. AMEN

Prayer for Good Health for Seniors: GOD grant me the Senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Peace be to all In Jesus name. AMEN

PASTOR SMITTY POST 379

AUXILIARY CHAPLAIN'S MESSAGE

"You must LOVE the LORD your GOD with all your heart, all your soul, and all your strength, and all your mind and love your neighbor as yourself." Luke 10:27

want to give a special recognition to our POST #379 Chaplin Smitty and his wife Delores, what a challenging past few years plus, what a great team! You both have taught this ALA Chaplin a lot about commitments and traditions.

As a new member, I have enjoyed watching traditions of both birthdays and memorials which turned into reunions; listening with tears and laughter of these stories of our members' lives. What a safe place! Ask yourself; what does healthy, safe and free feel like?

Let us continue you to pray, call and/or send a cards to our homebound, hospital bound or recovering POST #379 Members! Let us know how we can support you!

CHALLENGE – Call A Vet & Members of our Post 379 before the end of March. Resources will be available You could save a life! <https://www.legion.org/buddycheck/about>

The Buddy Check program was launched in March 2019 as a "comradeship campaign" to encourage Posts to reach out to veterans in their areas, members, former members and others. To see what the American Legion could do for them.


Diane Hunt – Auxiliary Chaplain

WEEKLY POOL TOURNAMENT Wednesday @ 7:30

American Legion Post 379
1245 N. Industrial Blvd
Bedford, Texas 76021

CALENDAR OF EVENTS
MARCH 2022
Web Site: hebtxpost379.org

Canteen-817-267-6047
Office-817-571-9319
Fax-817-545-0818

Sunday	Monday	Tuesday	Wed	Thursday	Friday	
11am- Midnight	10am- Midnight	10am- Midnight	10am- Midnight	10am- Midnight	10am- Midnight Entertainment 7 til 11	11am - Midnight Breakfast 8:30am - 10:30am Bands 7pm - 11pm Dinners Served: Varies
		1	2	3 Legion Meetings Executive @ 6pm Membership @ 7pm	4 Dinner: SAL FISH FRY BY RONNIE ENTERTAINMENT: JUSTIN HUNTER	5 BREAKFAST by Debbie DINNER: Riders Steak Night ENTERTAINMENT: BACK TO VINYL
6 BUD'S BURGERS NOON - 3pm Riders Meeting 2pm	7	8 POOL TOURNAMENT 7:30	9 KARAOKE 6 TIL 9	10 SAL Meeting 7pm	11 Dinner: To Be Determined ENTERTAINMENT: MYSTIC MOONLIGHT	12 BREAKFAST by Debbie DINNER: SAL MEXICAN DINNER ENTERTAINMENT: JUSTIN HUNTER
13 BUD'S BURGERS NOON - 3pm	14	15 POOL TOURNAMENT 7:30	16 KARAOKE 6 TIL 9	17 Auxiliary Meetings Executive @ 6pm Membership @ 7pm St Patricks Day	18 DINNER: TBD ENTERTAINMENT: BACK BEATS BAND	19 BREAKFAST by Debbie DINNER: AUXILIARY LOADED BAKED POTATO WITH PULLED PORK ENTERTAINMENT: DIAMOND DUO
20 BUD'S BURGERS NOON - 3pm	21	22 POOL TOURNAMENT 7:30	23 KARAOKE 6 TIL 9	24	25 DINNER : TBD ENTERTAINMENT DOUG AND BEN	26 BREAKFAST by Debbie DINNER: RIDERS Chicken Fried Steak NO ENTERTAINMENT:
27 BUD'S BURGERS NOON - 3pm	28	29 POOL TOURNAMENT 7:30	30 KARAOKE 6 TIL 9	31	 <p>SPRING FORWARD Daylight Saving Time March 13, 2022</p>	