



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

817.267.6047

NEWSLETTER

APRIL 2022

COMMANDER'S MESSAGE

I think we are finally out from under the mercy of the weather, so I will be scheduling flag retirement ceremonies in the coming weeks. It will probably take several to get the backlog taken care of.

We will begin our election cycle beginning the next General Membership meeting in April when Jim Grau will have his Election Committee ready. A "Statement of Intent to Run" will have to be turned in before the May General Membership meeting in order to be on the ballot. I will suspend regular business in the May meeting and we will have a "town-hall" type meeting where the candidates will take questions from the members. The election will take place on June 2nd with early voting to start at 11AM and continue during the membership meeting that evening. There will be no write in candidates allowed.

Our renewal rate still lags behind our goals, so if you know of a member that has not renewed, try to get them on board.

For God and Country and Post 379 Proud.

Mike McCrady - Post 379 Commander

AUXILIARY NEWS

A certain bounce seems to be in folks nowadays. I know I have been enjoying the beautiful weather we've been blessed with recently. Trees are beginning to bud as well as flowers blooming, along with birds cheerfully chirping outside the windows.

Outdoor activities are quickly being planned to welcome another Spring and say so long to winter. That goes without notice at our Post 379. Mahon Park has been going through a clean-up and we recently celebrated the honor of having our Post recognized with a Texas Historical Marker. I feel honored myself to have been a part of making history.

Membership is continuing to climb just past 400 members at print with transmittals being submitted weekly. Midland Post 19 is working hard to take over as the largest Auxiliary Unit in Texas with close to 400 members presently. Please reach out to family and friends to join as soon as possible. If you haven't renewed for 2022, please do as soon quickly. Your membership is vital to be able to work the numerous programs for our veterans and the community. Remember, juniors and folks over 75 are paid by the Auxiliary.

By the time you read this, Department of Texas Auxiliary office will have received our Cancer Research donation check for \$15,000. A great big THANKS!! This program touches so many of us in special ways and so appreciated by MD Anderson and their students awarded the funds to continue their research.

We will have turned in the generous donations collected these past several weeks to help our Fleet and Family Program at the base. Many thanks to those able that helped make this project a success for our families on base.

Girls State is going to be live this year and Judy Davidson has already submitted applications for four young ladies to participate with five more being considered. Again, thanks for supporting the programs as this is what funds this educational event for our future female leaders. Girls State is recognized as a big plus on college applications for the ladies.

Chairperson Kim Payne and the Car/Motorcycle committee are working hard on preparation for our first annual event being held Saturday, May 21st from 12-4. Applications for the show plus anyone wanting to just purchase a T-Shirt are available. Please fill these out with your check or cash, place in an envelope marked CAR/BIKE SHOW and leave with the bartender. This program is involving all entities at the Post and all proceeds go to Patriot Paws out of Rowlett, Texas. So save this date and come out for an afternoon of fun, food, prizes and entertainment.

Another load of gently worn clothing and donated food is being delivered soon to Patriot House. This will be our third large drop off this year and is much appreciated by our veterans in recovery and also those who are transitioning back into society. They've had some hard times and any donation is appreciated. This is an ongoing project for the Auxiliary so it's never too late to participate. Remember service not self. These folks have given so much for our freedom.

SAVE the date for: May 7th- Kentucky Derby afternoon at Post 379. A few items on the agenda will be a stick horse race along with the popular "hat contest" (must be hand decorated) Come join us for this event with adult beverages, food and games, and to watch the first race to the Triple Crown. More info to follow.

Be sure and join us for our General Membership Meetings the third Thursday of every month at 7PM. Executive Board Meetings same day at 6PM.

Sheryl Frydenberg – Unit President
Aux_alpost379@att.net

FROM THE SAL COMMANDER

Greetings from the desk of the SAL Commander and acting Commander Chris Lightfoot. Let me just say it is honor to step in to be the SAL Commander when our recent Commander David Owens resigned his position for personal business. Something new to me and in the hopes of filling in big shoes.

Our current membership is moving forward for this time of the year, and currently at 136 of 160 goal.

Asking any members who haven't renewed their dues to do so still working on 100%. We continue to support our programs each month.

The SAL organization has picked up a new night of cooking in the form of Mexican Night, we had a great turnout for SAL Ben and crew and served 34 dinners. If you haven't had a chance to have Mexican Night cooking join us next month on the 3rd Saturday for another wonderful meal.

We are continuing the SAL Meat Raffle and in the hopes of more people getting out we will increase to 10 rounds in April. This is one of the things we do to raise money for our programs.

SAL is looking forward to participate in the upcoming Car Show Event that is going to be held in May.

There was a great turnout on March 19th, for the dedication for the Texas Historical Plaque for Post 379. There were

many dignitaries in attendance, Euless Fire Dept, Mayors from the surrounding cities, Hurst Euless and Bedford and Congresswoman Beth Van Duyne.

In closing I want to thank many for the chance to serve our organization at Post 379.

Chris Lightfoot – SAL Commander

RIDER NEWS

Imagination is our only limitation

Congrats to the completion of the Historical award the post received. Some efforts of our members executive group and others that were instrumental in completion such as Joe Campbell should be recognized. A recent addition to our Riders and someone who I see as a member and friend of Post 379 and generally legion focused, must be thanked for getting this to a conclusion several years in waiting.

Things are looking up, like we have been blessed with some good riding weather, events new and old are being planned. Have you noticed the true partnership going on with our SAL, Aux, Riders and Legionnaires? We hope yall are ready to join us for these events, they are intended for all to enjoy. Watch your Post calendar for all the info.

As A true legionnaire I am Moved to action in something we offer to the public and often work with our scouts to accomplish. Unfortunately, a chain of events has left us short of our goals. FLAG retirement!!! We have one heck of a mess there. I will look to create an event where we can interact with all who care about this, and there are many who have not only noticed but have voiced concerns, we must begin immediately to get volunteers to help with this task. WE as riders and especially those who sensitive about our flag must step up to help get this back under control, any other takers please watch for dates and opportunities to bring this under control. Hopefully we can plead with our associated scout groups to schedule a time to accomplish this in mass and be there to participate . They alone cannot be expected to complete this task. It is monumental. Adults and scouts can get this done way better than the 40-50 flags I personally retired the night before the historical representation last month to clean up and remove from sight this issue. Please, as you see chatter of plans, look within yourself to find ways to participate. The flags to be properly retired must be disassembled prior to being placed into a ceremonial fire. This is where we need much in the volunteering task and yes, the word Monumental applies. Gear that is advised is gloves and masks and less than favorite clothes as some flags have been there for some time and have gotten wet. I found only damp flags and no mold, but we just don't know so dress the

part. If you have health concerns, please support us but stay away from this project.

There is another care here, over the years people have voiced opinions on the location of our storage sheds and I for one feel they very much limit what events can be accommodated in Mahon Park, due to their location in the center of the park. A suggestion of relocation of these to the rear fence is very possible, not costly and it will open the park for a place for kids to focus their attention with specific activities as well as bringing Scouts more space for their events. This will allow more outdoor events and respect the wishes of families wishing to visit our post that do not want to have or limit their kids time inside. Picture limitless things. Police or fire departments having child bicycle training, home safety or even fire prevention, fire extinguisher training, Scout camping training events or just a day with blow up challenge events getting kids off the electronics and outside for fun. No limit but the imagination. Oh, yes, the point of this, is the flag pole will have to be moved to accomplish this shed relocation and so, I do not want to move them anywhere except the fire pit and they simply cannot be moved out there unless they are ready to be retired immediately. Other things needed to move the building that can be returned after use are things like Standard length steel fence posts used for rolling the shed, Railroad Ties to roll them on, Concrete blocks to keep the sheds off the ground and prevent rot and animals from nesting underneath. Pretty unique supplies that if donated or loaned will help us and will make the project affordable.

I have another request of our membership. If anyone can get a few piles of clean fill. we need to fill a growing hole out by the fire pit. It is a hazard for elders who are less mobile and a curiosity draw for any child or especially after dark with scouts gathering around. With chunks of concrete and other debris that needs to be filled over. This has come to the forefront with the plans for the Auto /bike show and it would be very productive to complete before that from a safety point of view. The post as you know has been co-operative in Membership needs post wide with investments, such as the new Grill (not installed), AC unit replacement and associated roof repair and redesign and extensive updating to Bar systems. I would volunteer to help and agree mightily with a deep clean of our cooking devices while the old Grill is removed from floor to Firehood. Call it a reset or whatever we need too. I use that kitchen enough to know we have needs there to be dealt with.

Other projects holding thoughts is an improvement to our auxiliary's storage area as we Jam that room up so bad with our fund raising activities people are understandably frustrated. There is a lot to uncover there and I am willing to volunteer our riders to assist here with many others I know will jump into that with smiles (I remember the Volunteering that went on with the bar up grades) . This will take planning

and the approval of our Auxiliary, for it to happen. A design plan on paper is right up my alley and will help all understand and approve or contribute to input. Again, Imagination is our limitation.

Tired of that, let us move on to events we sponsor. An event with our brothers at Sikh riders will give us the chance to donate to their causes as they donate to ours, especially the Cancer event.

Look forward to our Steak dinner on April 5th. With the help of our other cooking volunteers, we had a most excellent post meal report from near all diners of a good steak dinner. What a relief. Whew thank heavens. We are working with our long-time supplier of Chicken fried steaks to supply our steaks as well at an affordable price, with an expected excellent product that keeps people coming to their restaurant. Joes Café on Irving BLVD in Irving has been instrumental in the success of our chicken fried steaks supply. Look em up and try them if you would please and if you do mention the Legion so they know we support them as well.

We are committed to an escort of our friends at The Thin Blue line who are both rider members and Legion friends. The passing of one member's father, who was military is our Mission. SFC Lloyd McGuire will be escorted to his final place of rest on April 8th from our post by the Thin Blue Line and your post riders, as you know we enjoy a great relationship with our brothers at the local community police forces. If you are not aware they visit our post frequently and assist in our efforts of raising funds for our benefactors.

Your riders are up to many other things, both in and outside our post and strive to have positive feed back from the community around us and beyond like the 30 some odd chairs donated by the school district at White Settlement ISD. This was arranged by our riders newest Road Captain Rebel and delivered by his partner Chrome. Thank you, riders, for the timely Donation, they were needed at the Historical event which was attended by all kinds of local political and Military attendees who would have been left standing without the donation. Thanks, Rebel, for stepping out for this Legion Post.

I think I am done for another month but stop me and talk to me about things that we can put forth for approval or things you can help with. I love to talk and think of plans so do not hesitate. Toast one to prosperity in our house. More STUFF down the road

Our next meeting is April 3rd at 2pm.

Art "Sasquatch" Rutherford
ALR Director - Post 379

CHAPLAIN'S CORNER†

Once again, March flew by too quick for many. We experienced some bad weather during the month but that is typical Texas Springtime. Springs is essential for all of GOD's Kingdom. It's a sign of NEW GROWTH in all areas that GOD created, and we live amongst.

The latest "SICK CALL" report has our time honored first vice commander Jim Grau not feeling his best. Jim had a bad fall Friday 3/25 at home. Hospital visits and several tests later revealed no broken bones - just bruised badly!!!

Jim Kane AKA "Killer" left the hospital in Dallas and is now in rehab here in Bedford. Let us keep these two great guys in our thoughts and prayers.

Jack Methner, a longtime member of SAL passed away mid-March and his services were held at St. Michael Catholic Church in Euless on March 25. Please include the family in your prayers.

Once again - daylight savings time started. I just wish they would leave the clocks alone. I enjoy the longer hours of sunlight; I would enjoy them even in the winter. Let us leave our clocks on our summer settings and be done with it.

When is a lion like a clock-when they both spring forward? What happens when you try to make a clock spring forward-it gets ticked off.

I thought the dryer was shrinking my clothes. But after some very close observation it turns out that it was just the refrigerator.

On March 19, 2022, our Post, the second largest Post in Texas, had our 50th anniversary this year. Over 50 years ago, a few veterans got together and unanimously agreed that our area needed an American Legion Post. These diligent Veterans pressed on despite one challenge after another. In the end Post 379 was born. Land was purchased, a building was raised, and this building became a safe, encouraging home and respite for all veterans who chose to become a member. The Post is open to all Veterans and their families. Over the years a Ladies Auxiliary was born and now has now, with years of hard work; has reached the status of becoming #1 in the state of Texas. Along came other entities that sprang up over the years that additionally serve other wants. i.e., SAL, Riders, Honor Guard, etc.

Due to very hard work by some extremely diligent members, our Post got the recognition it so richly deserves by the state of Texas; and has been issued a historical marker stating the date our great Post was founded over 50 years ago. It goes on to state important information regarding its inception

and establishment. This historical marker will be affixed to the front of the building for all to see by our members and visitors to Post 379. This marker should be read, read again, and again to understand the significance of our great Post reaching the milestone of 50 years.

At the previously mentioned ceremony attended by over 100 people, Proctor Hall was filled by local, state, and federal dignitaries. Veterans came from far and wide to witness this historic event. We even had a WW2 veteran who fought at Iwo Jima. He is still going strong at nearly 105 years "young". What a great testament to the spirit of a great VETERAN of the United States Armed Forces. This Marine is certainly a man that this Viet Nam combat veteran would love the opportunity to spend some quality time with. Once again, our Ladies Auxiliary outdid themselves and made sure everything was proper and the refreshments were spot on as usual. A big thank you goes out to our Auxiliary President Sheryl Frydenberg and the great crew of wonderfully dedicated Auxiliary members.

None of us will ever be able to comprehend the dedicated efforts it took for over several years by a few members in our Post to get this great fete accomplished. We cannot begin to thank them enough. I encourage all of us to seek out these folks and great veterans to show your appreciation

March 20 was the first day of Spring. Texas Spring weather started which included some deadly tornados. Not much rain to ease our drought conditions though. More rain is expected this week. I just hope it is enough to help put out the fires West of the Metroplex. On a good note, the trees are starting to bloom and so are many flowers coming on for Easter. Spring is essential for all of GOD's Kingdom. It is a sign of new growth in all areas that GOD created, and we live amongst them.

Here is a tip for developing new friends in your life. Make a list of two or three people you would like to get to know better. Ask one to have a conversation over a cup of coffee or share a meal with you. It may be intimidating at first, but joy waits on the other side.

Did you hear about the gardener who couldn't wait for Spring? I didn't either.

In one section of our garden, weeds had formed an overgrown tangle that begged our attention. We decided to replace the mess with pavers. I knelt and shoved my spade into the soil to loosen it, then yanked with all my strength. As I removed a mass of dirt and roots, a worm popped its head into the daylight. Inch by inch, more of the squirming creatures appeared. Acknowledging their benefits to the soil doesn't change that fact. I froze. No shrieks, just me, kneeling statue like in my garden. As soon as I could breathe, I stood and raced out of reach. The idea of something moving

around underfoot while I am blind to its presence...it's unacceptable. Why can't they make noise?

Life sometimes seems full of "worms"---things developing beneath the surface, then suddenly appearing, as if from nowhere. Health concerns are discovered during routine tests or when a car's engine stops running. Unforeseen situations can and often do occur, reminding us that we need something---Someone--- to settle our broken but beautiful world. Jesus knows all things, so nothing shocks Him or shatters His peace. Because he is always with us, we can rest in him.

Peace, I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27).

At different times in our lives, fear can and does paralyze even the strongest among us! We must learn to identify when to ask for help if we don't have the strength to fight on our own. There is no shame in asking for help from anyone. A close relative, friend, coworker, can lend advice, physical advice, mental advice, sometimes a little cash to help until payday. There is no embarrassment involved. Maybe you might ask your Maker. He has the answer for us all. Just ask and "you shall receive". Our Maker gave us this inner strength to ask. Many tap into and use that strength. Many don't try for a host of reasons. To those, it has become easier for them to rely on others for their strength. Over a period of time this mode of operation becomes unhealthy and leads to a fear that can actually become disabling physically, mentally, and severely depressing.

GOD give me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. AMEN.

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.

After 50 years, we are a very strong POST with fine hardworking, dedicated ladies and gentlemen that have a "CAN DO SPIRIT". One final thought from your Chaplain, since our Auxiliary is # 1...let's do what is necessary for our Post 379 to reach #1 in the great State of Texas!!!

Father in heaven, life is hard when we try to do it alone, so we need your help. Please come alongside us in our greatest challenges and help us to know that we are not alone. AMEN
Peace and Prosperity to all.

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

Special Thanks to the Commander for a last minute approval to have Girl Scout Troop #1565 meeting. The girls were learning about the American and folding etiquettes. The Post Commander gave the girls a flag to practice as to help earn their patch. Troop #1565 gave our American Legion Post #379 over a 100 boxes of Girls Scout cookies that were donations from the community for our Veterans. We hope to see them again.

What is EASTER? Easter is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary c. 30 AD. [Wikipedia](https://en.wikipedia.org/wiki/Easter)

Date: Sunday, April 17, 2022

Significance: [Celebrates the resurrection of Jesus](#)

Celebrations: Church services, festive family meals, Easter egg decoration, and gift-giving

Observances: Prayer, [all-night vigil](#), sunrise service

BUDDY CHECK-IN Sunday, April 3, 2022 @ #379 Post, 12-1pm! We will be supporting the Summer CAR SHOW by planning a Children's Corner to help make cards for our ACTIVE MILITARY serving abroad and our local shut-in Veterans. Special thanks for the ongoing support from SAL Chaplin Fredrick, LaHonda-ALA/Rider, Lori- AL, Tillie-ALA/Rider and Linda- ALA. Also, thanks to The Commander and ALA President for the provision on 1st Sundays along with the space for Buddy Check-Ins. Of course special gratitude to all the silent soldiers behind the scenes who have been calling and checking on our and American Legion Family members for years!! I understand we are all busy in this crazy world. We need to learn to stop and smell the flowers or visit the Arboretum in Dallas as it is SPRING 2022.

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

<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

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

CALENDAR OF EVENTS
APRIL 2022
Web Site: hebtxpost379.org

Canteen-817-267-6047
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Sunday	Monday	Tuesday	Wed	Thursday	Friday	
11am- Midnight	10am- Midnight	10am- Midnight	10am- Midnight	10am- Midnight	10am- Midnight Entertainment 7 til 11	11am - Midnight Breafast 8:30am - 10:30am Bands 7pm - 11pm Dinners Served: Varies
					1 Dinner: SAL FISH FRY BY RONNIE ENTERTAINMENT: JUSTIN HUNTER	2 BREAKFAST by Debbie DINNER: Riders Steak Night ENTERTAINMENT: BROKE TIL FRIDAY
3 BUD'S BURGERS NOON - 3pm Riders Meeting 2pm	4	5 POOL TOURNAMENT 7:30	6 KARAOKE 6 TIL 9	7 Legion Meetings Executive @ 6pm Membership @ 7pm	8 Dinner: To Be Determined ENTERTAINMENT: MYSTIC MOONLIGHT	9 BREAKFAST by Debbie DINNER: To Be Determined ENTERTAINMENT: JUSTIN HUNTER
10 BUD'S BURGERS NOON - 3pm	11	12 POOL TOURNAMENT 7:30	13 KARAOKE 6 TIL 9	14 SAL Meeting 7pm	15 Dinner: To Be Determined ENTERTAINMENT: BACK BEATS BAND	16 NO BREAKFAST DINNER: SAL MEXICAN DINNER
17 EASTER SUNDAY 	18	19 POOL TOURNAMENT 7:30	20 KARAOKE 6 TIL 9	21 Auxiliary Meetings Executive @ 6pm Membership @ 7pm	22 DINNER: To Be Determined ENTERTAINMENT DOUG AND BEN	23 BREAKFAST by Debbie DINNER: RIDERS Chicken Fried Steak
24 BUD'S BURGERS NOON - 3pm	25	26 POOL TOURNAMENT 7:30	27 KARAOKE 6 TIL 9	28	29 DINNER: To Be Determined ENTERTAINMENT DIAMOND DUO	30 DINNER: To Be Determined